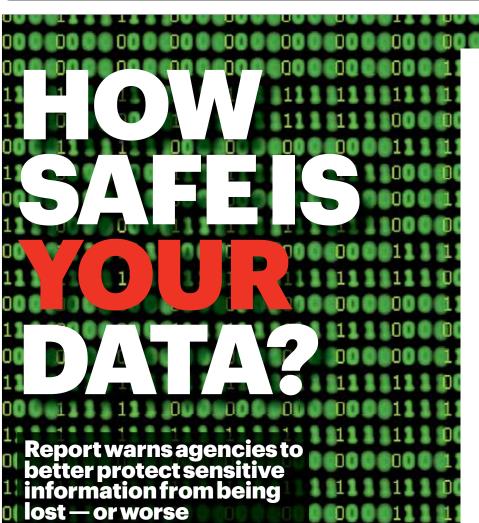
Your essential daily news | weekend, december 11-13, 2015

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Gaps in the federal government's management of portable storage devices such as memory sticks could be putting Canadians' personal information at risk, according to federal privacy commissioner Daniel Therrien.

The commissioner's annual report, tabled in Parliament on Thursday, found a record number of federal government data breaches and urged federal departments and agencies to develop better safeguards to protect Canadians' personal information.

An audit of the government's management of personal storage devices is included in the report. It was spurred on by a number of data breaches involving such devices, including a major 2012 breach in which the student loan information of nearly 600,000 people went missing.

Therrien's report found that while some improvement has been made, there's room for much more.

"These devices can be easily lost,

misplaced or stolen," he said in a release. "Without proper controls, federal institutions are running the risk that the personal information of Canadians will be lost or inappropriately accessed.'

Overall, federal institutions reported 256 data breaches in 2014-2015, a new record high. That's up from 228 breaches reported the year before, which was double the number reported the year before that.

The leading cause of breaches was accidental disclosure.

The report details several examples of breaches. In one situation, the Canada Revenue Agency accidentally delivered the personal information belonging to more than 1,000 individuals and businesses to a CBC journalist.

In another case, Health Canada sent letters to more than 41,000 people that showed on the outside of the envelope that they were from the marijuana medical access program.

"There is a need for greater vigilance when it comes to protecting the personal information that Canadians entrust to their federal government," Therrien said.

Number of people for whom student loan information went missing in 2012.

Number of data breaches reported in 2014-2015 – a



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Your essential daily news

Boxing legend Muhammad Ali comes out swinging against Donald Trump's comments. World

### **Patient** relieved practice is changing

One of the study participants, Bernard Bonneville of Ottawa, said he didn't even know he was part of the study until this week, but is relieved it will change the practice going forward.

The 71-year-old had a PSA test in September and was shocked to learn it came back with an extremely high level: 19. A repeat test was done and it came back at 9 and then a third test on Dec. 9 showed a level of 5, which is normal.

A normal PSA range for men over 70 is between 0 and 6.5, according to the Canadian Cancer Society.

So it went from 19 to five, so they attribute that to false positives. Normally what they would have done ... in the years past was to have a biopsy done. And that's not pleasant," said Bonneville in an interview Thursday.

"Avoiding the procedure is the greatest thing and hopefully next year when I go back it will still be normal."

The Canadian Cancer Society states on its website the PSA test has a very high rate of false-positives, with only one in four abnormal PSA tests resulting in cancer. On the other hand, the chance of a false-negative is about one in 10.

In Ontario, OHIP does not cover routine PSA tests. JOE LOFARO/METRO

# Ottawa study could spur change to prostate tests

#### Repeated screening cut biopsies by 55%, researchers say



Lofaro Metro | Ottawa

A new Ottawa-based study is poised to change the way men are screened for prostate cancer simply by repeating a blood test and avoiding harmful — and expensive — biopsies.

Dr. Rodney Breau and Dr. Luke Lavallée, both researchers from The Ottawa Hospital and the University of Ottawa, led the study, which put a spotlight on the controversial prostatespecific antigen (PSA) test.

Although screening has improved prostate cancer detection, each year approximately 24,000 Canadians will be diagnosed and three per cent of all men will die from metastatic prostate cancer.

With most cancers, screening is the best defence to prevent the disease. However, the PSA test has come under fire in recent years for being unreliable



Dr. Rodney Breau, prostate cancer surgeon at The Ottawa Hospital, said this study is poised to change the way men are screened for prostate cancer. COURTESY OTTAWA HOSPITAL

and resulting in too many unnecessary prostate biopsies.

A number of factors can lead to a higher PSA, including infections, physical activity, and laboratory error. According to the Canadian Cancer Society, the test costs approximately \$30, while a prostate biopsy costs approximately \$880.

Men who have elevated PSA test results often have the procedure done, which can be uncomfortable if not painful, and carries the risk of infection.

The study, published Thursday in the Mayo Clinic Proceedings medical journal, is the first of its kind to explore prompt, repeat PSA testing in

a variety of men screened for prostate cancer. All 1,268 men who participated in the study were evaluated at the Ottawa Regional Cancer Assessment Centre between 2008 and 2013.

Among the 1,268 participants, 315 men or 25 per cent registered a normal PSA in the repeat test.

Most of those men avoided having the biopsy done, said Breau, a prostate cancer surgeon

at The Ottawa Hospital.

Simply repeating the test resulted in a 55 per cent reduction in biopsies without compromising cancer detection, according to the study.

"Just in our region if we assume, for example, that serious complications occur in one out of 100 men, that's two or three men just in our region that avoided major complication from the biopsy and that's not even including the cost, which is pretty substantial," said Breau.

"That's actually quite dramatic, especially if you look at the population as a whole. Reducing the number of biopsies by 25 per cent is a very valuable thing.

Breau said 26 men — or eight per cent of those 315 men who had a normal repeat test — were diagnosed with prostate cancer. In comparison, among the 958 men who had an abnormal repeat test, 336 — or 35 per cent were diagnosed.

Those numbers have "reconfirmed" his belief that any man with an abnormal PSA test should have a second test before considering a biopsy.

"A big part of our work is trying to maintain the benefits of screening and reduce the risks,' said Breau.

"Where this study really adds value is it is one of the ways that we can reduce the risk of prostate cancer screening because we avoid unnecessary biopsies in men who are very unlikely to have cancer."







Sen. Mike Duffy, a former member of the Conservative caucus, arrives at the courthouse for his trial in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

# Tories helped MP win with misleading robocalls: Duffy

#### SENATE EXPENSES

#### Court hears he travelled at the request of other MPs

Sen. Mike Duffy has introduced a new plotline into his story about his life with the Conservatives, alleging that party operatives deliberately misdirected voters in a Vancouver Island riding in 2008.

Duffy was testifying Thursday about a trip he took to British Columbia in September 2009, at the request of former sport minister Gary Lunn. Many of the 31 charges that Duffy faces have to do with travel he billed to the Senate.

Duffy says he met Lunn and David Angus, a lobbyist for Molson Canada, a few months prior. He said Lunn was worried about re-election and wanted Duffy to appear at a local fair and for Molson to help with an Olympic torch.

"He'd had a close call during the previous election and it was only through the divine intervention of (late campaign manager) Doug Finley's black ops group at Conservative head-quarters that he managed to get himself re-elected," Duffy told

Julian West, the federal NDP candidate in Saanich-Gulf Islands in 2008, had withdrawn from the race, but his name remained on the ballot. Duffy recounted that the Conservatives used the party's voter database



Basically what happened was that they used robocalls to misdirect NDP voters, to split the vote and allow Gary Lunn to win.

Mike Duffy

to encourage NDP voters to vote for that candidate.

"He (Gary Lunn) knew nothing about it," said Duffy. "Except that they phoned him afterward and said 'You're welcome Gary.' He said 'What?' (They said) 'We got you in'."

Lunn told The Canadian Press on Thursday that he has no recollection of the June 2009 lunch, never knew who made the misleading phone calls and never told Duffy that it was Conservative headquarters.

Angus did not immediately

respond to a request for comment. Lunn was defeated in the 2011 election by Green party Leader Elizabeth May.

Duffy's third day of testimony went through several of the trips he took to Conservative events on the Senate's dime, many of which were specifically partisan.

The defence has emphasized that the Senate's rules mention partisan activities as one of a senator's core functions.

On the September 2009 trip to British Columbia, Duffy met his children in Vancouver and says he received a phone call the night before Lunn's event on Vancouver Island telling him not to come.

"The campaign strategist who worked on B.C. decided that they had the Olympic torch in Saanich and to have me there would detract from Gary Lunn," Duffy said he was told later.

Lunn testified earlier this year that Duffy's participation was cancelled weeks before the event because the riding association didn't want to pick up any related expenses.

On other events, Duffy said he was there to "friend raise" for the Conservative party. By that, Duffy said he meant using his reputation as a former broadcaster to broaden the party's appeal.

He said he was in high de-

mand among Conservative MPs, who would approach him at the weekly caucus meeting with requests for him to appear in their ridings.

Duffy said he would often meet non-party members at the events, including mayors and special interests groups who wanted to discuss public policy issues with him.

Defence lawyer Donald Bayne repeatedly asked Duffy whether the trips were for private business, or social purposes.

"Did you believe, sir, that this was all valid public business that you could charge the Senate for?" Bayne asked.

"I did then and I still do," Duffy said.

"Any deception involved?" Said Duffy: "None whatsoever." THE CANADIAN PRESS





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# Zibi development breaks ground

CONSTRUCTION

Residential units are estimated to be done in 2017



Haley Ritchie Metro | Ottawa

Windmill Developments officially began construction Thursday on Zibi, welcoming environmentalists and Algonquin partners to the launch of the \$1.5-billion project on the banks of the Ottawa River.

"The fact that we're standing here today putting a shovel in the ground a mere two years after announcing our intent to buy the property is testament to the cities realizing the vision for their downtown waterfronts," said Jeff Westeinde, one of the founders of Windmill.

Zibi aims to be one of the most environmentally friendly communities in North America and has been endorsed as Canada's first "One Plan-



Ground-breaking partners from left to right: Windmill CEO Jonathan Westeinde, Windmill Chairman Jeff Westeinde, Hull MLA Maryse Gaudreault, Gatineau mayor Maxime Pedneaud-Jobin, Decontie Construction president Andrew Decontie, and Windmill partner Rodney Wilts. HALEY RITCHIE/METRO

et Community" for sustainability.

Thursday's event marks the beginning of the \$200-million Phase One stage of the project.

It will include the construction of two new residential buildings and the renovation of two former industrial structures as well as infrastructure. Westeinde predicts the residential units will be move-in ready in by the spring of 2017.

The development will consist of both residential and

commercial space – including a local brewery.

Westeinde said that Kichesippi Brewery wants a location on the islands and Wellington Street-based Thyme and Again wants to establish a café and catering business.

He said Windmill is also talking to a second brewery, a spa and multiple restaurants.

"Those aren't at a stage that we can formally announce them but there's a lot of interest in the site," he said.

"It's going to be a cool spot." Gatineau Mayor Maxime Pedneaud-Jobin was also on site for the ground-breaking and praised the project's role in the revitalization of downtown Gatineau.

The project has created a division between different Algonquin bands that went to the AFN earlier this week.

It has also drawn protesters to the site that want to see the sacred islands converted to parkland and given to the Algonquin people.

Only supporters attended Thursday's event. Among them were elder Cliff Meness from Pikwàkanagàn and Andrew Decontie, president of Kitigan Zibi-based Decontie construction.

Decontie described the partnership with Windmill as "a dream come true."



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p.m. on Saturday, 11 a.m. to 5 p.m. on Sunday. Admission: \$7 for adults, \$5 for seniors

#### THINGS TO DO THIS WEEKEND IN OTTAWA

Gift making, merrymaking and making spirits bright: there's no hiding the holiday cheer as events celebrate all things Christmas.





Catch the best in local filmmaking as the annual Digi60 short film competition wraps up with awards and screenings at Centrepointe Theatre. Teams were given a theme in September and had 60 days to make a documentary or narrative short. Docs will screen Friday night, while narratives will be shown Saturday in two sittings. Tickets: \$10-\$25. Visit www.digi60. org for all the details.



#### 4 Holiday help

Help bring a family to Canada during a carol-sing with Harmonic Generation this Saturday night. The a cappella group will offer classic carols and contemporary Christmas songs to help the Church of the Ascension in Old Ottawa East sponsor a refugee family to come to Canada. Tickets are \$15 for adults and \$10 for youth. The event begins at 7 p.m. at 253 Echo Dr.



#### Light up the town

Head 30 minutes east and 80 years back in time to celebrate Christmas in Cumberland's 1930s village this Friday, Saturday and Sunday. For \$18, families can take a horse-drawn wagon to see 30,000 lights twinkling on the museum's heritage homes, shops and churches. Step inside to decorate a gingerbread cookie or three, play some street hockey and watch for a glimpse of Santa Claus himself. From 3 to 8 p.m., 2940 Old Montreal Rd.



#### **5** Maker's paradise

Go full hipster this Christmas with homemade gift tags stamped by your very own hand-carved wood block. Head to Maker House Co. in Hintonburg this Sunday to carve out a nifty stamp for personalized gift tags and cards. Tickets are \$36 each and include printing supplies. BYO craft stuff. Runs 1 to 2:30 p.m. at 987 Wellington St. W.

#### STITTSVILLE

#### Group votes to nix barn move



Lucy Scholey Metro | Ottawa

A 19th-century barn should stay in Stittsville, a built heritage sub-committee ruled on Thursday.

Richcraft wants to move the 1870s Bradley/Craig barn, at 590 Hazeldean Rd., to Saunders Farm. But the committee voted 4-2 in favour of the staff recommendation to keep the building in place. The planning committee will consider the application on Jan. 26.

Gary Sealey, president of the Federation of Citizens' Associations of Ottawa, said the value of the building is in the context of its Stittsville home. If it's moved, it becomes a replica, he said. "Its heritage springs from the local soil and from the family who made it successful."

The Bradley family built the Gothic Revival-style brick building in a barn-raising bee. Many of its advocates note it's a Stittsville landmark.

The barn currently sits on a parcel of land designated as mixed-use in the Fernbank community design plan.

"It's in my best interest to keep the building safe and secure," noted Kevin Yemm, vice-president of land development for Richcraft, after the meeting. But Richcraft's view is it's not feasible to keep the barn on site.





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# HUDSON'S BAY

# Jail staff reject deal

**Ontario** correctional officers say 'no' to agreement



Joe Lofaro Metro | Ottawa

Correctional officers across the province voted with a resounding "no" late Wednesday night to a tentative agreement reached between the provincial government and the Ontario Public Service Employees Union.

OPSEU said 67 per cent of members turned down the three-year contract. Locally, correctional officers at the Ottawa-Carleton Detention Centre (OCDC) voted 93 per cent against the deal.

This comes at a time when jails are becoming increasingly hostile and subject to frequent lockdowns due to staff short-

ages. To inmates, this means programs like AA are interrupted, yard time is slashed and, for visitors, it means inmate visits are often cancelled.

Denis Colin, president of OPSEU local 411 and a 20year correctional officer at the OCDC, strongly opposed the deal.

"Corrections has been in a crisis now for the last couple years ... where there's understaffing, lack of resources. The government is not giving sufficient training and there's overcrowding," said Colin.

"There's a barrage of issues that the government has ignored over time and this is not just OCDC, it's across Ontario. I



There's a barrage of issues that the government has ignored.

**Denis Colin** 



Inmate visits were cancelled on Thursday. Correctional officers say it's a frequent occurrence at the Ottawa-Carleton Detention Centre. JOE LOFARO / METRO

think per capita, OCDC has the most staff shortages.

Within the last week, inmates at the Toronto South Detention Centre rioted and set fires. In Thunder Bay, there was a riot and hostage-taking incident.

In Ottawa, cancelled inmate visits have been a frequent occurrence.

Two women were turned away from the Ottawa jail Thursday afternoon in the span of about 15 minutes.

One woman, Cheyenne, who only gave her first name, said she called ahead on Wednesday to make sure she would be able to visit her boyfriend.

"The thing that sucks is that the (jail staff) didn't even give me an answer if they were going to be open tomorrow," the 24-year-old told Metro.

"They're constantly locked

up so he only gets one phone call a day.'

Deputy Premier Deb Matthews and Community Safety Minister Yasir Naqvi said in a joint statement they were "disappointed" members rejected the tentative agreement.

"The government is considering next steps and remains committed to the collective bargaining process," the statement read.

**IMMUNIZATION** 

#### No shots? No school

Ottawa Public Health has sent 5,000 school suspension letters and could send thousands more if parents don't update their children's vaccination records before March 2016.

The health unit is catching up on its immunization surveillance, tracking which students have been vaccinated against diseases like measles, polio and whooping cough.

Public Health mailed 35,000 letters this fall asking parents to update their information. Second letters with suspension dates are being mailed. By law, students who don't get nine mandated vaccines could be suspended for 20 days.

Public Health told its board in April it lacked the resources to review its 150,000 files every year and contact parents with outdated records. About 63,000 records were outdated at the time.

Staff said most parents don't realize their doctor doesn't share vaccination records, and that they have to call public health directly.

Catch-up clinics will be held in the east and west ends. Call 613-580-6744. EMMA JACKSON / METRO



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HUDSON'S BAY

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# Head injuries targeted

CONCUSSIONS

#### **Committee** will look at dangers to young people

Ontario politicians will create a committee to examine the dangers of head injuries after the death of Rowan Stringer,

an Ottawa teenager who lost her life after suffering multiple concussions from playing rugby.

A coroner's jury last June made 49 recommendations after investigating the 2013 death of Stringer, who died at age 17 of "second impact syndrome" caused by multiple concussions.

Progressive Conservative Lisa MacLeod secured all-party support for Rowan's Law to create an advisory committee to examine how to implement the recommendations from the coroner's inquest.

MacLeod also lined up medical professionals and experts in the field of head injuries to speak in favour of the motion, and said parents, coaches and young people must be taught to recognize the signs and know the dangers of concussions.

She says people across the country have expressed interest in Rowan's Law because of the growing knowledge and concerns about the dangers of concussions, especially among young people.

The medical experts agreed attitudes are changing, and say professional athletes must lead by example and not try to "play through" a head injury, so younger people learn it's important to protect themselves THE CANADIAN PRESS



**Curious residents came to the Bytown Museum Thursday** evening for a public viewing of the final design proposals for the Canadian Building Trades Monument. HAYLEY RICHIE/METRO

#### Trade monument finalists unveiled



Halev Ritchie Metro | Ottawa

The final four proposals for a new national monument to Canada's tradespeople were unveiled Thursday night at the Bytown Museum.

The four designs were created by teams in Calgary, Toronto, Montreal and Halifax and were chosen in July from over 40 proposals

Ottawa residents had a chance to weigh in on the design proposals Thursday evening including sculptures made of bronze, steel and granite. Each design emphasized the methods of construction in various ways.

The finalist will be announced in January, followed by the competition of the final design in May and installation in Major's Hill Park spanning the next two years.

The monument, expected to be unveiled in 2017, will celebrate Canada's tradespeople including carpenters, stonemasons, mechanical trades, ironworkers and construction labourers.

"There is nothing that you do in the course of a day that we don't build for you or maintain," said Bob Blakely, Canadian operating officer of Canada's Building Trades Unions.

Blakely noted that as well as being a place to honour the skill and contributions of tradespeople, the monument will also pay tribute to construction trades workers who have been injured or lost their lives in workplace accidents.

"The men and women in the trades who keep things going are invisible," he said.

'They have monuments to the famous five, politicians, firefighters - let's have something for the people who built

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#### 🛑 IN BRIEF

#### **Break the Jingle Bells** world record this Sunday

Singers, ringers and guitarplaying fingers are all needed at city hall this Sunday to break the Jingle Bells world record once and for

Organizer Vivian Sollows needs at least 489 people to sing and ring Jingle Bells at the second-annual Jolliest Jinglebell Hootenanny to break the record. Last

year's attempt fell short with 350 carollers.

Guitarists of all abilities are also encouraged to come play in the key of G, to create a new record of most guitarists playing Jingle Bells at once.

Performances from local musicians begin at 1 p.m. The record-breaking attempt is at 3 p.m. Tickets are \$5.

EMMA JACKSON/METRO



WINTERLUDE BOOK YOUR DAYS Heritage Minister Mélanie Joly (2nd left) and Mayor Jim Watson (far right) join the announcement that Winterlude runs Jan. 29-Feb. 15. MICHAEL WOODS/METRO

### Hollerado to help raise arena funds

MANOTICK

#### Hometown rock band returns for local concert

Megan **DeLaire** Metroland Media

Hollerado fans in the indie rock band's native Manotick will receive an early Christmas present when the group returns home to play a benefit concert on Dec. 19.

Several local artists will open for Hollerado at the all-ages concert — to be held in St. Leonard School's gymnasium and proceeds from ticket sales will go toward the Manotick Arena & Community Centre expansion project.

The show will be Hollerado's first in Manotick in four vears.

"Coming back to Ottawa is the best. But getting to play in Manotick is particularly awesome," guitarist Nixon Boyd said in an email. "It brings back great memories and it's such a great community.

"Plus my first show I ever played was at Dickinson Day in something like 2000 or 2001. It's hard to beat your first show but coming to play a benefit for the arena is pretty

Though the Juno-nominated and multiple award-winning group has been largely based out of Toronto and Montreal, three of Hollerado's four members grew up on Hilltop Drive in Manotick, and they're all keen to contribute.

The group formed in 2007, featuring lead singer Menno Versteeg on vocals and guitar, Nixon Boyd on guitar, Jake Boyd on drums, and Nepean resident Dean Baxter on bass.

Since forming, Hollerado has released two albums and toured extensively in North and South America, Europe and China, playing with bands such as The Flaming Lips, Weezer, Billy Talent and Jack White's The Dead Weather.

The group is currently adding finishing touches to its third album, with plans to tour Europe and the United States in the spring, and Canada next summer and fall.

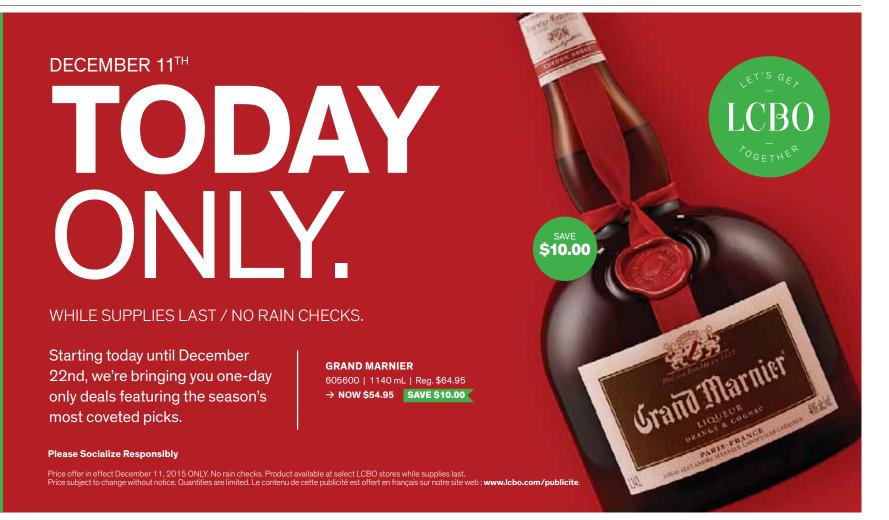
Manotick residents and volunteers have worked since 2014 to raise \$250,000 for the \$1.7-million arena expansion project.

With help from the city and the federal government, the project will see storage space added to the building's second floor meeting rooms, and double the size of its four notoriously small change rooms.

The concert is set for 7 p.m. to 10:30 p.m., and will include performances by local artists John Alan Slachta, Mayfair, Cameron Wyatt and Jaycee.

Annie Murphy of the CBC comedy Schitt's Creek will host the event.

Tickets are available through eventbrite.ca.



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Ottawa | metr@NEWS



Ontario Premier Kathleen Wynne speaks to reporters as she arrives at the First Ministers' meeting at the Canadian Museum of Nature in Ottawa. THE CANADIAN PRESS/SEAN KILPATRICK

# Wynne defends high cost of green power

#### **ENVIRONMEN**

#### Taxpayers foot \$9.2B change to renewable energies: Audit

Premier Kathleen Wynne defended the billions of dollars in extra costs that Ontario electricity customers are forking out for the Liberal government's green energy initiatives Thursday, saying there's a cost for cleaner air.

Auditor general Bonnie Lysyk's annual report said consumers are paying \$9.2 billion more for 20-year wind and solar power contracts signed by the Liberals with private generators than they would have under the old procurement system.

The auditor also found Ontario pays 3 1/2 times the price for solar power than the aver-

age in the United States, and twice as much for wind power.

"There's a cost associated with getting out of coal, of putting more renewables in place, and we've got other jurisdictions looking to Ontario as a model for how to do that," said Wynne. "I'm happy to defend



### Every Ontarian will pay \$12,000 more for electricity.

Progressive Conservative Leader Patrick Brown

the changes that we've made."
Eliminating coal-fired electricity generation has reduced the greenhouse gas emissions that contribute to climate change, and will help lower health-care costs associated with air pollution, especially for kids with asthma, added Wynne.

Wynne, who made two separate trips to the climate change talks in Paris, said Ontario is leading the way in the battle against greenhouse gas emisions, noting Alberta will take 15 years to stop burning coal to generate electricity.

Progressive Conservative Leader Patrick Brown said Wynne "missed the point of the auditor's report," which was that Ontario could have reached the same green energy goals without the extra \$9.2 billion cost.

"I think the government has mishandled this so badly, and because of political interference and mistakes, every Ontarian will pay \$12,000 more for electricity," said Brown.

"The auditor general said we spent \$9.2 billion more than we had to spend for green energy programs," said NDP Leader Andrea Horwath. THE CANADIAN PRESS

#### ECOLOGY

#### Vote on mosquito pesticide use in north Kanata planned

#### Adam Kveton Metroland Media

The decision over use of biological larvicide to significantly reduce the mosquito population in north Kanata will be put to a vote early next year.

That's the plan Kanata North Coun. Marianne Wilkinson said she will go ahead with after a petition from one community in the ward decried the "black cloud" of mosquitos in the Kizell Pond area

Since then, several community meetings have been held to discuss the matter and come up with solutions, the most potent of which would be a biological larvicide called Bti.

While city planner and ecologist Nick Stow said the risk of using the larvicide is not zero, he said the decision to use the chemical should be based on cost and community interest.

Now the city is prepared to go ahead with a call for proposals

and award a contract to apply Bt in the north Kanata area.

If the results of the vote come back 50 per cent in favour, then the Bti program can go ahead, said Wilkinson.

\$35-\$75

GDG Environment estimates the cost of the larvicide as being between \$35 and \$75 annually per household.



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**WORLD VISION** 

# First 163 Syrians welcomed

**IMMIGRATION** 

#### Liberals work with sponsors to fulfil 25K refugee pledge

With suitcases stacked on luggage carts and blue bags full of info from government agencies on top, 163 Syrians lined up at the Beirut airport to begin the long journey to Canada.

They boarded a military plane as the vanguard of 25,000 refugees the Liberal government wants to bring to Canada by the end of February.

Photos taken by the Canadian Forces at the airport showed a mix of men and women, teens and young children, some being offered teddy bears by Canadian officials.

The flight left Beirut to travel to Germany, where the military Airbus was to stop for refuelling and a change of crew before heading on to Toronto.

All of the Syrians on board are being sponsored by private



Mazan Khabbaz, centre, a refugee from Syria, is embraced by a well wisher as he arrives with his family at Toronto's Pearson Airport, Chris Young/the Canadian Press

groups, many of whom had filed the paperwork months ago in order to bring in some of the estimated 4.3 million Syrians displaced by the ongoing civil war in that country.

But the sponsors will have to wait a while longer before they personally greet the new



We have great hopes for the success of this group of people.

The first Canadians the Syrians will meet upon landing at Toronto's Pearson airport will range from, perhaps, the prime minister, to a team of civil servants and border officers who will complete the final pieces of paperwork re-

From there, 116 will head

to new homes in the Toronto

area. Another four will go to

Windsor, Ont. Sponsors in Ke-

lowna, B.C. will welcome four, three will go to Coquitlam,

B.C. and one to New Westmin-

ster, B.C. Twenty are bound for

Calgary, Alta., and the final

15 to Edmonton according to

the Immigration department.

"We have great hopes for the success of this group of

people that are arriving and

their families as they build

their new home here in Can-

ada," said Arif Virani, the par-

liamentary secretary to the

the Liberals had called for

Canada to increase its commit-

ment to Syrian resettlement,

suggesting back in March that

The Conservative govern-

But during the election

ment had initially pledged to

take in 11,300 people by the

campaign, the Liberals put

forward a more ambitious

goal - the government would

take in 25,000 people itself

and work with private spon-

sors to bring in even more.

end of 2018.

THE CANADIAN PRESS

25,000 was their number.

Well before the election,

minister of immigration.

From the mouths ofbabes

"Welcome to Canada!"

That's the message Canadian children are sending Syrian refugees coming into the country this week in a heartwarming video released by World Vision.

"There's something so overwhelming and touching in seeing how kids respond to the idea of people being forced to flee their country," said Hugh Brewster, national manager for Canadian programs at World Vision. In several languages, the children welcome refugees their own age with messages of friendship and advice for life in their newfound, Canadian home. The welcome messages were collected via email and World Vision put the video together. TORSTAR NEWS SERVICE



welcoming Syrians. YOUTUBE

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# • Friday • December 11



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Some of the 4,000 dolls seized on a shipment bound for Palestinian stores. The Israeli customs authority said in a statement that the cargo of dolls was meant to "incite against Israel." AFP PHOTO/HANDOUT/HAIFA CUSTOMS AUTHORITIES

# Dolls seized at Haifa Port

#### **Considered** incitement of hate: Officials

About 4,000 dolls - wearing traditional Palestinian scarves and holding cloth rocks - were seized last week by Israeli authorities, who say they were destined for the West Bank.

Ram Alfia, of the Israel Tax Authority in Jerusalem, which oversees customs, said the dolls were discovered at the Haifa port. They were in two containers from the United Arab Emirates that were supposed to be carrying carpets, clothing and plastic products.

The dolls wore light brown

pants and white T-shirts. The bottoms of the checkered scarves, known as kaffiyehs, were red, green, white and black, the colours of the Palestinian flag. In one raised arm, each plush toy held a small grey rock.

Two Arabic phrases — roughly translated as "Jerusalem for us" and "Jerusalem, here we come" were written on the kaffiyehs.

Alfia said it was not immediately known for whom the dolls were intended.

The dolls were not declared, Alfia said, but would not have been allowed to continue on their journey regardless because they were considered an incitement

In a video statement, Deputy Foreign Minister Tzipi Hotovely

said the dolls are "being used to poison the minds of the young children in the Palestinian Authority.'

Stone-throwing came to prominence during the first Palestinian uprising of 1987, when it was regarded by many Palestinians as a tactic embodying both symbolic and strategic intent. Used against heavily armed Israeli soldiers, flying rocks were seldom lethal yet the volleys were seen by some observers as a means of attempting to reverse a biblical narrative for foreign eyes, casting Palestinians as David against Israel's Goliath.

In the latest surge of violence this fall, at least 109 Palestinians and 19 Israelis have been killed. TORSTAR NEWS SERVICE



# Smugglers accused in case of boy on beach

Turkey's state-run news agency says prosecutors are seeking 35year prison terms for two suspected human-smugglers held responsible for the drowning of the 3-year-old Syrian migrant boy, whose images helped focus the world's attention on the Syrian refugee crisis.

The Anadolu Agency says the prosecutor's office in the resort of Bodrum on Thursday accused the two Syrians of "deliberate negligence" and of migrant trafficking.

Authorities were still trying to identify six other suspected smugglers.

Photos of Alan Kurdi, who washed up dead on the beach in Bodrum in September, galvanized global sympathy for the refugees, leading some countries to ease restrictions on accepting migrants.

Alan, his brother and mother drowned when their boat capsized on the way to the Greek island of Kos.

THE ASSOCIATED PRESS

#### ISIL destroys bridge, traps own men

Besieged ISIL militants in the Iraqi city of Ramadi destroyed a lock on the Euphrates River that served as a bridge as government forces on Thursday sought to cement their gains around the militant-held city west of Baghdad.

Since Iraq's military launched its push on Ramadi earlier this month, the militants have destroyed all other bridges leading into the city, both on the Euphrates and its tributary, the Warar River.

Iraqi Maj Gen. Ismail al-Mahlawi, the head of military

operations in the western Anbar province, said the lock destroyed Thursday was the last remaining bridge from the city centre to the northwest.

The locks' destruction leaves some 300 ISIL fighters trapped in the centre of the city, he added. Col. Steven Warren, the spokesman for the U.S.-led coalition in Baghdad, said the destruction of the bridge may prove to be a tactical mistake

"What they've also done now is they've really cut themselves off," he said. THE ASSOCIATED PRESS



Iraqi security forces take combat positions on the front line in Ramadi, capital of Iraq's Anbar province. THE ASSOCIATED PRESS

#### **Muhammad Ali backs Islam**

Boxing legend Muhammad Ali criticized Republican presidential front-runner Donald Trump's proposal to ban Muslims from entering the United States, calling on Muslims "to stand up to those who use Islam to advance their own personal agenda."

Ali, one of the most famous Muslims in the world, issued a statement saying, "True Mus-lims know that the ruthless violence of so-called Islamic Jihadists goes against the very tenets of our religion.

He added, "I believe that our political leaders should use their position to bring under-



Boxing great Muhammad Ali. THE ASSOCIATED PRESS

standing about the religion of Islam and clarify that these misguided murderers have per-

verted people's views on what Islam really is."

Ali's statement Wednesday was directed at "presidential candidates proposing to ban Muslim immigration to the United States."

"They have alienated many from learning about Islam," Ali wrote.

U.S. President Barack Obama, in an address to the nation Sunday, called on Americans to reject discrimination, saying, "Muslim Americans are our friends and our neighbours, our co-workers, our sports heroes.' THE ASSOCIATED PRESS



U.S. presidential candidate Donald Trump speaks in Columbus, Ohio. He has said he shelved a trip to Israel in order to not pressure President Benjamin Netanyahu. THE ASSOCIATED PRESS FILE

Trump postpones

journey to Israel

#### Fears of harassment against **Muslims across U.S. increase**

A severed pig's head was left outside a mosque in Philadelphia. An Islamic centre in Florida was defaced. A Sikh temple in California was vandalized by someone who mistook it for a mosque and left graffiti that included a profane reference to the Islamic State of Iraq and the Levant (ISIL) militant group.

Advocacy groups believe a spate of anti-Muslim incidents across the U.S. in recent weeks can be linked to last week's mass shooting in California and the inflammatory rhetoric of Donald Trump and other Republican presidential candidates. And they say Muslims are fearful the backlash could lead to further harassment and violence.

"I have never seen such fear and apprehension in the Muslim community, even after 9/11," Ibrahim Hooper, lead spokesman for the Council on American-Islamic Relations, said Wednesday. THE ASSOCIATED PRESS

#### INCIDENTS

#### **Problem hard to measure**

It's tough to measure the extent of the problem or to know for sure if there has been an increase in anti-Muslim incidents or if people are simply paying closer attention to a small but steady stream of episodes throughout the year. THE ASSOCIATED PRESS

# **Zuckerberg offers support to those who fear bad reaction**

Facebook CEO Mark Zuckerberg is offering words of support for Muslims who fear retaliation for the recent violent attacks by Islamic extremists in Paris and San Bernardino, Calif.

In the wake of those attacks, Zuckerberg wrote on his personal Facebook page Wednesday that he wants to assure Muslims they are welcome on Facebook and that "we will fight to protect your rights and create a peaceful and safe environment for you.'

Republican presidential candidate Donald Trump has proposed barring all Muslims from entering the United States. Other political leaders have

condemned Trump's proposal as discriminatory.

Zuckerberg did not refer specifically to any proposal, but the co-founder of the world's biggest social network said, "As a Jew, my parents taught me that we must stand up against attacks on all communities.' THE ASSOCIATED PRESS

#### Candidate says he'll make trip 'after I become president'

Republican Donald Trump has scrapped a planned trip to Israel, saying he will reschedule 'at a later date after I become President of the U.S.'

Trump tweeted Thursday that he is postponing the trip, which had become problematic for Israeli Prime Minister Benjamin Netanyahu. Viewed as a Republican Party supporter, Netanyahu's position became risky after Trump called for keeping Muslims from entering the U.S. and making controversial comments to a Jewish group

Trump told Fox News there were many reasons he decided

to hold off on a trip, among them that he didn't want to put Netanyahu in a bind.

"You know, he said, 'We have a meeting,' and he looks forward to the meeting and all of that," Trump said. "But I didn't want to put him under pressure, No. 1. I also did it because I'm in the midst of a very powerful campaign that's going very well and it was not that easy to do. So I would say lots of different reasons.'

Trump has the Republican party in turmoil over his call

Netanyahu's office had said in a statement issued Wednesday he rejects Trump's comments about Muslims but planned to move forward with the meeting with Trump.

The Republican presidential candidate, who has maintained a wide lead in most early polling, sparked criticism among many American Jews last week after speaking to a gathering of Jewish donors. He was booed after refusing to endorse Jerusalem as the undivided capital of Israel. The U.S., like most of



#### I'm in the midst of a very powerful campaign that's going very well. Donald Trump

for a temporary ban on Muslims entering the U.S. following last week's mass shooting by an Islamic militant couple that killed 14 people in San Bernardino, Calif.

the international community, refuses to recognize Jerusalem as Israel's capital and says the city's status must be resolved in talks between Israel and the Palestinians. THE ASSOCIATED PRESS

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#### **Investments spook** millennials: Poll

Their lack of

knowledge is

making them

vulnerable to

many common

investing

mistakes.

Sarah Widmeyer,

head of wealth advisory

services at CIBC

A new poll suggests that twothirds of millennials are investing their money, but that most feel they don't have adequate knowledge for the task.

The poll done for CIBC found 67 per cent of Canadians aged 18 to 34 reported having investments including stocks,

GICs, bonds and mutual funds.

However, 82 per cent said they didn't know enough about investing.

Meanwhile, the one-third of respondents who said they did not have any investments cited lack of financial knowledge and the fact that in-

vesting "intimidates" them as major reasons.

Not having any money to invest and other financial priorities were also cited as reasons for not investing.

Of those who do invest, 41 per cent said they don't get the returns they expect, while 28 per cent found it hard to develop a long-term strategy.

Sarah Widmeyer, head of wealth advisory services at CIBC, says while it's good to see millennials recognize the importance of investing, they need help. "Their lack of knowledge is

making them vulnerable to many common investing mistakes," Widmeyer says.

The online survey done between Nov. 24 and Dec. 8 included 1,004 Canadians ages 18-34 who are Angus Reid Forum panellists.

The Marketing Research and Intelligence Association, the polling industry's professional body, says online surveys cannot be assigned a margin of error due to their lack of random sampling.

THE CANADIAN PRESS



Walmart has begun testing its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own store gift card at the cash register. THE ASSOCIATED PRESS

# Walmart steps into mobile payment war

#### 😩 market minute



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**TSX** 13,016.59 (+79.00)



**OIL** \$36.76 US (-40¢)



**GOLD** \$1,072.00 US (-\$4.50)

**NATURAL GAS:** \$2.015 US (-4.7¢) **DOW JONES:** 17,574.75 (+82.45)

#### **TECHNOLOGY**

#### **Retailer going** up against Apple, Google and Samsung

Walmart, the world's largest retailer, said it's launching its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own store gift card through its existing smartphone app at the cash register.

It started testing the new payment feature Thursday at its stores in the Bentonville, Arkansas area, where the retailer is based. It plans to launch the payment system called Walmart Pay in all 4,500-plus U.S. stores early next year.

It's part of Walmart's overall mobile strategy to making shopping easier and faster, but the launch is the latest salvo in the battle for mobile payments that's in the early stages. Walmart has moved into the field as Apple's oneyear-old tap-and-pay system is being expanded to other merchants like Best Buy and KFC, and several months after Google launched the Android Pay mobile wallet app and Samsung came out with Samsung Pay. They're all trying to get a piece of what could be a very lucrative business, but none of them have cracked the market so far.

The move signals that Wal-



It's fast. It's simple, and it's a secure way for customers to use their smartphone.

Neil Ashe

mart believes it's best to build its own system. "We are creating a seamless shopping experience that includes payment," Neil Ashe, president and CEO of Walmart's global eCommerce, told reporters. "It's fast. It's simple, and it's a secure way for customers to use their smartphone.

Walmart executives said

that after evaluating various mobile options, they found that they had different constraints, working only on certain devices or payment types. Apple Pay requires iPhones. But Google's own tap-and-pay services, Android Pay and Samsung's Samsung Pay require Android phones.

Walmart's move could be a blow to Merchant Customer Exchange, or MCX, set up a few years ago by a consortium of retailers and restaurants to create an industrywide mobile payment system. Walmart has been a key player. But Walmart executives told reporters they remain excited about the MCX pilot program for the payment system called "CurrentC." THE ASSOCIATED PRESS

#### El Niño hitting maple output

A late spring caused Canada's maple syrup production to fall for the second consecutive year in 2015 - and El Niño is threatening to put a dent in next spring's output as well.

The warmer El Niño weather is expected to have an impact on a number of commodities, including maple sap, said Sylvain Charlebois, professor of distribution and food policy at the University of Guelph's Food Institute.

"I see little evidence that would encourage anyone to see a good year in 2016," he

said in an interview.

The impact would hit Quebec, the world's dominant maple syrup producer, along with Ontario, New Brunswick, Nova Scotia and syrupproducing American states like Vermont and New York.

Canadian maple production decreased 6.1 per cent to 8.9 million gallons last season, said Statistics CanThe value of maple production was \$358 million, down from \$380 million in 2014 and the \$408 million peak

Quebec remained the country's largest producer, accounting for more than 90 per cent of national output.

THE CANADIAN PRESS Maple produc-

tion decreased 6.1 per cent last season. ISTOCK

#### **Drones wars coming to** TV game show near you

IN BRIEF

DHX Media has been commissioned to co-produce and distribute two seasons of a new series called Airmageddon, a skill-testing competition pitting remote-controlled flying drones against each other. The series was created by Steve Carsey, who did Robot Wars, a game show that BBC ran from 1998 to 2004. Halifaxbased DHX will broadcast the program in Canada starting in spring. THE CANADIAN PRESS

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# METEWS

Your essential daily news

#### Weekend, December 11-13, 2015

#### **DEENA DOUARA KARIM: ON TRUMP'S DANGEROUS WORDS**

# There is no need to reassure me Trump will not win the presidency ... Trump is no lone loon — he has support and admiration



You know how I feel about Donald Trump.
I'm a Muslim and an Amer-

I'm a Muslim and an American, and you know how I feel about Trump.

I sat in the newsroom as he made his comments about banning Muslims from coming into the U.S. Someone referenced Hitler, it was slotted for a news page (in Toronto, a brief), and we all went about our work.

Meanwhile, I stared at the screen. Is it naïve to continue to feel disbelief when every outrageous statement is only incrementally more horrid than the one before?

I'm weary of trying to convince people of things. That Islamophobia is prevalent and experienced by people I love. Or that what's happening today has little to do with religion.

Instead, I'll tell you how it feels to hear Trump — a front-running candidate to lead the world's most powerful country — say he wants a "total and complete shutdown of Muslims entering the United States." How it feels to hear supporters say "send them all beats."

You know how I feel, but I hope you'll still hear me say it.

It feels like anger. Anger at the lies Trump knowingly spews that leave Muslims as casualties in very real ways, at home and abroad. Anger at

It feels like fear.
Not fear
I'll be patching
crescents
onto my coats
anytime soon,
but I do fear for
the soul
of the country
I grew up in.



**Dark times.** Donald Trump's message is designed to provoke, but it provokes pain for many who deserve better from America, Deena Douara Karim writes. THE ASSOCIATED PRESS

the blatantly false information that will shape how Americans — and Canadians, too — view their coworkers and their neighbours. "I watched thousands and thousands of people cheering," he says, of reactions to 9/11 in New Jersey - a claim supported by nothing and no one. Suggestions – a Muslim registry, ID cards - that push the boundaries of what can be thought and vocalized. And anger at the muted response. Calls here and there to remove his name from a building, snickers, headlines, to be sure. But visceral outrage? For words that so closely parallel Hitler for a population with still-living links? I have to turn to Facebook for that.

It feels like sadness. Like a friend, who was a refugee, hearing "ship them all back" from a Trump supporter. Would they send her family back, whatever the horror "back" represents? "I don't want them here," they say.
"They need to go." Sadness because I suspect I have school friends who would now nod their heads, agreeing their families really would be safer this way. With sadness I recall the humour and generosity of Syrians I met years ago – the young hostel owners who shared their food, the man who talked about films as I

bought cloth from him. Sad to hear them now compared to "rabid dogs," by another candidate, Ben Carson, and know they would have showered him with the same kindness.

It feels like fear. Not fear I'll be patching crescents onto my coats anytime soon, but I do fear for the soul of the country I grew up in. What are we capable of when Trump calls waterboarding "peanuts"? Fear that people selling "anti-jihad" rifles who distribute Qur'ans for target practice will move into the mainstream, acknowledged and accepted in this "anti-political-correctness" ethos.

It feels like worry. Like hearing friends select baby names based on their sounding not-too-Muslimy. Worry for how refugees — from Syria, Afghanistan, and Iraq — will be received and what future awaits them when many in the world's wealthiest nation see them as ticking time bombs.

It feels like bafflement. How the very people who accept thousands of casualties from guns will take all measures to brace against a single death by "Muslim." Gun-rights principles above all, but no principles that stand by people like me.

It feels like frustration. Hearing experts agree that

inflammatory rhetoric leads to greater isolation and radicalization in dark and vulnerable corners at home, and emboldens groups like ISIL abroad, meaning that Trump and his compatriots help create the world they purport to combat. Frustration because high-profile comments gives people permission to express their nastiest inclinations. Frustration with the lack of transparency around mass killings when they are perpetrated by Muslims - who always wind up dead, and who always inspire alternate stories, "conspiracy theories," difficult to ignore.

There is no need to reassure me Trump will not win the presidency, or that a registry system would never pass. It does not matter. Trump is no lone loon — he has support and admiration; has other candidates seething that he's captured the hate vote.

The statements that evoke these feelings are harmful, now. They have repercussions, now. And they change the America that I grew up in, now.

**Deena Douara Karim** is a journalist and photographer. She tweets at @Deena Do.

#### ROSEMARY WESTWOOD

metroview

# For a joyful New Year's prediction, just talk to Tomson Highway

Tomson Highway's aura is infectious. His grin. His self-described "spectacular joy."

"I have a mental condition that is worsening as I get older. It's called ridiculousness," he says right after we meet, looking thoroughly pleased. For the next 10 minutes every answer contains a punchline.

"Shall we disrobe?" he asks playfully, taking off his oversized track jacket. He wears square glasses and a black tuque that he pushes up over his ears as we talk.

The acclaimed playwright novelist and pianist is in Toronto for a cabaret retrospective of his work, Songs In The Key of Cree, on Sunday. Highway, a classically trained pianist, has been writing songs for 14 years, the kind that, at a recent run in Saskatoon, garner standing ovations so great even "people in wheelchairs leaped from their wheelchairs!"

"Language is music," he says
— one of his oft-repeated lines,
and notes I've been laughing in
4/4 time.

Highway speaks Cree, French and English among others, and travels extensively "for the beautiful people" and

the languages.

He's called himself a linguistic activist, and argues each language contains "a secret to the functioning of the human organism." Learning a new tongue offers insight, he says, and that chance to truly listen.

I ask him about Prime Minister Justin Trudeau, who won praise this week for his new attitude to indigenous Canadians.

"Yes, he's opening his mind and his heart, and he's listening," says Highway. Compared to Stephen Harper, who had a "heart of ice" and spoke only of the economy, Trudeau is "talking about human issues, issues that means there's room for change," he says.

And Highway sees Canada's Aboriginal Peoples on the precipice of great change. He believes pain and trauma are the birthplace of beauty and creativity. From manure, as he puts it, comes vegetation.

"I think we're on the verge of something extraordinary as native people. Collectively as a nation, we have suffered a certain kind of trauma, which brings us to the threshold of extraordinary achievement. That's what I'm here to help with, to help open to the door to extraordinary achievement, and I think it's going to be spectacular."

I tell him that's the best prediction for the New Year I've ever heard.

Highway — who speaks far too quickly for note-taking — seems like he could philosophize like this forever, but nothing serious can ward off his humour. He makes a joke about flattery and flatulence as we shake hands goodbye.

"Every moment of every day should be an act of joy," he says. "I dance down the street."



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# 

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



Chris Hemsworth isn't the only actor to change his weight for a role, but the practice can take its toll on the body. HANDOUT

IN THE HEART OF THE SEA

#### Hemsworth lost 33 pounds to play sailor

**Richard** Crouse For Metro Canada



In the Heart of the Sea features less of Chris Hemsworth than we've seen on screen before. He's in virtually every scene, but for much of the film the usually bulked up Thor star is set adrift in a raft, starving and physically much less imposing than usual.

The movie is an old-fashioned whale of a tale. Literally.

Based on the true story said to have inspired Moby Dick, it's about whalers battling not only repeated assaults from the one whale who fought back, but also malnourishment and dehydration.

At sea for three months in tiny whaleboats the men are pushed to the edge of sanity, taking drastic steps to survive.

To convincingly play a starving sailor Hemsworth trimmed 33 pounds off his already toned 6'2 3/4" frame.

"My crazy diet would make you pass out from exhaustion," he said. At certain points he was eating just 500 or 600 calories that's less than a combo lunch meal at most fast-food places in the form of a boiled egg, two crackers and a celery stick a day.

Hemsworth and his underfed cast mates passed away the time with conversations "about our

#### MOVIE RATINGS by Richard Crouse

In the Heart of the Sea \*\*\* The Danish Girl \*\*\* Carol \*\*\*\* Youth \*\*\*

HOW RATING WORKS SEE IT VORTHWHILE UP TO YOU SKIP IT

favourite foods and what we would eat when we finished the film.'

The actor says losing that amount of weight isn't something he'd like to do again, but adds, "by those final sequences when we were supposed to be exhausted and emotional. We were feeling that way off screen too, so it helped.'

Dramatic weight loss isn't new - actors have been yo-yo dieting for roles for years - but

doctors say rapid body mass reduction can lead to malnutrition, maladies like gallstones and worse. In other words, as Christian Bale who dumped 60 pounds for his role in The Machinist says, "It ain't great for your health."

Still, actors take on dramatic diets to aid in their dramatic work. Anne Hathaway dropped 25 pounds by food deprivation and exercise to make Les Miserables while Matthew McConaughey survived eating only Diet Coke, egg whites and a piece of chicken a day to play AIDS patient Ron Woodroof in Dallas Buyers Club. According to The Playlist he stopped dieting when "people stopped asking if he was all right and started suggesting he seek help.'

Just as common are actors who gain weight. Russell Crowe gained 63 pounds to play a CIA bigwig in Body of Lies, George Clooney gained 35 pounds for Syriana and Renee Zellweger gained 30 pounds for Bridget Jones's Diary, lost it, only to regain it for the sequel.

Jared Leto who lost 40 pounds to play Rayon in Dallas Buyer's Club, gained 67 pounds for the film Chapter 27 by drinking melted pints of chocolate Haagen Dazs ice cream mixed with

olive oil and soy sauce "to get me bloated even more.

Why do actors alter their bodies? Some call it dedication while cynics suggest it's an easy Oscar. Physical transformations (plus acting talent) brought Robert DeNiro, Charlize Theron and Mc-Conaughey to the winner's circle.

But some actors have sworn off manipulating their weight. Jim Carrey turned down a role in the Three Stooges biopic that would have required him to gain 40 to 50 pounds and Tom Hanks blames gaining and losing weight for roles with him developing Type 2 diabetes.

"I've talked to a number of actors who have gained weight for roles and — just out of the sheer physical toll on one's knees and shoulders — no-one wants to do it again," he told the BBC.

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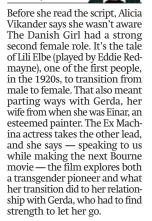
Alicia Vikander was nominated for a Golden Globe award for best actress in a motion picture drama for her role in The Danish Girl. FOCUS FEATURES VIA AP

# Learning to let go

INTERVIEW

#### Vikander talks the emotional journey of a historic couple

Matt **Prigge** Metro | New York



You do a lot of period films, from A Royal Affair to Anna Karenina to Testament of Youth. Do you sometimes feel lost going from one era to another?

I get stuck in them. Sometimes I don't know what century I'm in. But it's a great skill to have as an actor, to have sets and costumes already there. It does a lot for you to be able to throw yourself into a new story and immediately get a sense of the world you're in when you get there.

#### The Danish Girl does bring you back to portraying Scandinavian culture.

It's part of my history and my life growing up. Back during A Royal Affair, I loved being back in the 18th century. I was able to find personal connections to Caroline Mathilde (her character), and it gave me a lot to being someone's voice from such a long time ago.... With The Danish Girl we tried to find historical inspirations, but it was also about meeting people, who had such generosity, in the transgender community, especially people like my character who had been friends or loved ones of people transitioning.

What kinds of things did you learn from people who had been close to people transitioning?

Every single story ends up being extremely different. Sometimes they said it was tough to give them that time. They said they were also transitioning. Like any couple going through a huge change, they both needed to find their feet on the ground in a new location. That's something I could relate to with whatever you're going through as everything's changing around.

I'd argue this is also a great break-up film, and one that isn't about a couple who split bitterly. It's about their struggles to maintain a connection despite parting ways.

Love includes being able to let that person go, the person you love the most. You still have affection for someone, even when things get bad. It was a unique story, but I was amazed by the romantic aspect, and the love between them. Of course they go off on different roads, but they go on the same journey.... They know that and they're still able to reach out and tell the other person they're connected somehow. That's something I felt from page one to the end.



# Balancing the funny and the serious

PEOPLE PLACES THINGS

#### Kiwi actor departs from his usual roles in new film

Steve Gow For Metro Canada

Jemaine Clement is perhaps Hollywood's least likely leading man — if only because he doesn't really want to be one.

"I've had a couple of things that were more dramatic or more a leading role (but) I wasn't interested in doing a leading role," explained the Kiwi comic-actor over the line from New Zealand.

"I think I just wanted to do other kinds of things like writing and doing music."

One half of the popular Flight of the Conchords, Clement has been active since the comedy duo's HBO series final episode aired in 2009 but mostly working in the shadows as a supporting player in movies like Dinner With Schmucks or Muppets Most Wanted.

With this Friday's VOD release of the dramedy People Places Things however, Clement took on the rare role as leading man because "this time the idea didn't bother me; it didn't intimidate me like it once did."

In the film, Clement plays a graphic novelist flailing emotionally after he catches the mother of his twin girls having an affair with a mutual pal.

Forced into single fatherhood, he must juggle the minefield of being a dad and dating in Manhattan.

"Usually if someone is failing as a father, they're (less) in the story and you may not see that they have good intentions — you may not see that they're trying," said Clement, of his pull to the part that's drawn praise for its delicate balance of humour and hardship.

"Like real life, it's not all jokes and it's not all sad it's somewhere in between."

Although Clement has been lauded for this compassionate leading man, he insists his aspirations lie in



Jemaine Clement, with Aundrea Gadsby and Gia Gadsby, in People Places Things. HANDOUT

remaining a supporting actor.

In fact, he has even begun talking with his former partner Bret McKenzie about reuniting Flight of the Conchords - although a return

to television is rather un-

"It was like making a sitcom and recording an album in the time that you'd usually do one of those things.

Either one of those things is hard enough," reminisced Clement.

"I enjoyed that (but) it's just that in the whole TV series, it was a lot to do.

#### **FAVOURITES**

**Jemaine Clement's** favourite person, place and thing:

#### **Favourite person**

"Probably my son," admitted the comedian. "Usually I would answer my mum so it's between them they have to fight it out."

#### **Favourite place**

'The Coromandel in New Zealand is really beautiful," said Clement of the country's popular holiday destination. "But New York is my favourite city so that will just have a battle too."

#### **Favourite thing**

"That's easy, my guitar," laughed Clement, who is planning on reuniting with his musical partner for Flight of the Conchords. "We have been hanging out and doing a little writing. It's not intensive yet (but) in a few months we'll be back into it."



#### **TV DINNER JESSICA ALLEN**

### **HOW WELL DO YOU KNOW: TOM CRUISE?**

SPONSORED CONTENT



In his prime, Tom Cruise was the ultimate in cool: one of the biggest heartthrobs in Hollywood who helped a certain sunglasses company sell millions of pairs just by wearing them... and wearing them well. That's carried him through an amazing four decades of success. From his breakout performance in the 1980s dark comedy Risky Business (playing this month on Hollywood Suite) to more recent turns in thrillers like the Mission: Impossible series, Cruise has had an unparalleled run of box office hits over the years.

Take a look back at Tom Cruise during his rise to fame with some facts that might surprise you:

& Cruise and his family lived in Ottawa from 1971 to 1974 (where he attended the same school as Bryan Adams!). His dad - an engineer - was working for the Canadian military at the time. underwear dance scene was improvised — the script said only, "Joel dances in underwear through the house." Cruise earned his pilot's license in Markham, Ontario, during the filming of Top Gun - a movie for which he also



& Cruise was almost cast to play Kevin Bacon's part in Footloose (1984), but had to back out because of scheduling conflicts. & He was the first actor to star in both the Oscar winner for Best

Picture, Rain Man (1988) and the Razzie "winner" for Worst Picture, Cocktail (1988), in the same year.

The Disney character Aladdin (1992) was modelled on Tom Cruise's

Rediscover Tom Cruise's rise to Hollywood powerhouse through the '80s and '90s. Starting Dec. 8 and running until Jan. 12, Hollywood Suite is offering a free preview of uncut and commercial-free movies that shaped the '70s, '80s, '90s and 2000s. Available on television service providers across the country, this free preview includes access to Hollywood Suite On Demand, where available, Featured films include Risky Business and such Cruise classics as Days of Thunder (1990), A Few Good Men (1992), The Firm (1993), and Mission: Impossible (1996).

#### HOLLYWOODSUITE













Director Ron Howard's In the Heart of the Sea is the latest reimagining of the 1820 sinking of the American whaling ship Essex. After a sperm whale attack destroyed their vessel, 20 sailors were shipwrecked at sea thousands of miles off the coast of South America. Only eight men survived, partly on account of cannibalizing those who didn't.

Chris Hemsworth plays Owen Chase, the Essex's first mate who wrote a book in 1821 about the ship's horrifying final voyage. That book provided inspiration for Herman Melville's Moby-Dick in 1851. Meanwhile, Nathaniel Philbrick read both Chase and Melville and published In the Heart of the Sea in 2000, which Howard has now turned into a movie, which you can see starting Friday.

"Don't you remember how terrifying it was? Simon recently asked of Philbrick's acclaimed bestseller. "I think it's the only book that gave me actual nightmares.'

I read it?"

"We both read it," he re-

#### "I think In the Heart of the Sea is the only book that gave me actual nightmares"







THE MEAL:

minded me, "in Newfoundland."

That was 10 years ago. I had planned for months to go live by myself in a tiny outport called Grand Bruit, where my dad owned a house. Although I'd never published a single word, I was going to write a novel. A few months before I left Toronto I made another leviathan leap: although we'd only been dating for about eight months, I asked Simon to come with me.

Imagine this: no cars, no roads, a general store, a church, a school, which two 12-year-olds attended, and some 30 permanent residents. We arrived in autumn and stayed through the winter. When we iceskated on the endless network of frozen ponds nestled high up in the tuckamore-covered hills, it felt like we lived in a snow globe. Everywhere we looked - towards the

ocean, the mountains, the cheerfully coloured saltbox houses - was picture-perfect. If only Instagram had existed.

And we read. The book that I most associate with Grand Bruit is Moby-Dick. I don't think that's entirely on account of it being the great American novel. It was the time — I was just about to turn 30 — and the place: sitting at night in front of the old Franklin stove with the wind whipping so fiercely outside that it felt like the house which, coincidentally, reminded me of a ship's hull - would blow down.

We also ate: chow chow and copper pennies, partridgeberry pudding and bakeapple cheesecake, cod tongue, boiled vegetables flavoured with salt pork, salt cod flavoured with salt pork, and, my favourite, cod au gratin.

On Sunday night I pulled

out my well-worn copy of What's Cooking in Grand Bruit, a collection of recipes compiled by the United Church women's association. There on page 25 was a cod au gratin recipe: make a roux of butter, flour and milk; add onion; pour over fresh cod fillets; top with bread crumbs and grated Cheddar cheese;

It was so simple to make — and satisfying — that I wondered why I haven't made it more often. Maybe because my cod au gratin will never be as memorable as the fine people who made it for us, and cared for us, all those years ago.

And the novel I was supposed to write? In those six glorious months I wrote 12 pages. But boy, did I live.

Jessica Allen is the digital correspondent on CTV's The Social.

#### **ENTERTAINMENT BRIEFS**

#### **Matt Damon to speak** at MIT where he once played a janitor

Matt Damon shot to fame in the 1997 movie Good Will Hunting as a gifted janitor at the Massachusetts Institute of Technology. Now, he has been selected to deliver the university's 2016 commencement address.

MIT announced Thursday that the Academy Award-winning actor, filmmaker, social activist and Cambridge native will address graduates on June 3.

Damon said in a statement that it's an honour to be named commencement speaker "at a school that I couldn't have aotten into.

MIT President L. Rafael Reif says Damon has "made us think about our





#### Michelle Obama and Jay Pharoah of SNL rap a 'go to college' video

America is seeing a new side of Michelle Obama, this time as rap artist.

The first lady and "Saturday Night Live" actor Jay Pharoah rhyme on a new video to encourage students to "go to college" and "fill your head with knowledge."

She also sings a brief solo about her Chicago hometown, with body movements and facial expressions like professional rappers.

The video is part of Mrs. Obama's new Better Make Room campaign to pro-

ON COLLEGE HUMOR SITE The video is part of Mrs. Obama's new Better Make Room campaign to provide teens with the resources they need to pursue higher education.

vide teens with the resources they need to pursue higher education.

The campaign is part of a broader initiative by the first lady to encourage students to continue their education after high school.

The comedy website College Humor released the brief video Thursday. THE ASSOCIATED PRESS





Chris Hemsworth and Charlotte Riley in the action adventure In the Heart of the Sea. CONTRIBUTED

### Inside the heart of Chris Hemsworth

INTERVIEW

#### Actor talks fame, Thor and working with Ron Howard

Hosting Saturday Night Live earlier this year, Chris Hemsworth exaggerated his swift ascent in Hollywood: "If a jacked Australian with a perfect face can make it, anyone can," he said in a mock American Express ad.

Hemsworth, the 32-year-old Australian actor known the world over as Thor, appears as if perfectly chiseled out of movie star granite. But whatever his considerable natural gifts, Hemsworth has proven an interesting actor inclined to use his powerful screen presence in roles that both exalt it and upend it.

In In the Heart of the Sea, which opens Friday, he reteams with Ron Howard, who directed him in Rush, the 2013 movie that yielded Hemsworth's most confident starring performance as the Formula One driver James Hunt.

In Heart of the Sea, a recounting of the plight of the Essex (the cursed whaling ship that inspired Herman Melville's Moby-Dick), Hemsworth plays the swashbuckling first mate. Shipwrecked by a mammoth sperm whale, Hemsworth's heroic seaman is humbled, left a gaunt survivor.

It's the kind of duality that defines Hemsworth: a hunk but a family man (he has three kids); an Avengers superhero but a talented comic actor. Along with his shirtless cameo in Vacation and playing the receptionist in the upcoming Ghostbusters, he hosts SNL again on Saturday.

In a recent interview, Hemsworth discussed his new film, the box-office disappointment Blackhat and the stresses of being a Norse god.

#### Do you ever feel any pressure to live up to Thor?

You feel like you've tricked everyone successfully. I never felt big enough playing Thor. And then people talk about you like you're nine-foot tall and 800 pounds. I'm well aware of the illusion. There's not a second where I go: Yeah, I'm a god.

Are you aware there's another Thor in New York right now? It's the nickname of the hard-throwing New York Mets pitcher Noah Syndergaard.

(Laughs) I'll look him up! I think he's far more godlike than me.

#### The best scene of Thor must have been when Thor tries coffee for the first time, slams it on the floor and demands another.

lit's funny, that's probably closer to me than the serious, gladiatorial-type Thor. I'd rather have fun with it. It comes easier. When doing Thor, those scenes where he (lowers voice) spoke like this and everything was grand and big, people thought:

That's what he is. Saturday Night Live and Vacation, as well, are good opportunities to go: Actually it's not.

#### What was your experience on Michael Mann's cybercrime thriller Blackhat, which some critics defended but which flopped at the box office?

Really hard, actually. I love Michael and it was great. But I do wish I had done more of what I truly wanted to do. I remember being so in awe of him that I said I would just do anything he said, regardless of whether I agreed with it. And that's a real danger because someone hires you because they want to you bring what you're going to bring to the table. I was just so in awe of Michael Mann that I went, "Yep, cool. Wherever you want me." So I don't feel like it was my performance so much. And that wasn't the fault of Michael Mann.

#### You and Howard, however, seem to be a good team.

I can't speak for him but for me (Rush) was the first time I felt I was truly in an environment where I could just take risks and explore. Something felt sort of pure about that experience. And it was probably the role, too, something I directly related to or liked about that character. Full of insecurity and fear but also cockiness and overconfidence. It was all these contradictory things.

THE ASSOCIATED PRESS



**A Christmas** 

**Horror Story** 

**George Buza** 

**Director: Grant Harvey, Ste-**

ven Hoban, Brett Sullivan

Starring: William Shatner,

It's the season of joy, peace,

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mas Eve, two teens came to

a grisly end in a school base-

ment. Now, one year later, a

new set of horrors has come

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and goodwill... unless you live

# Daisy Ridley is not giving away anything

INTERVIEW

#### Actress talks Star Wars, keeps movie's secrets

Daisy Ridley may not be as brave as her character in Star Wars: The Force Awakens, but she's

In her first-ever film role, the 23-year-old British-born actress plays Rey, a pilot and scavenger at the centre of the action in the hugely anticipated Episode VII.

The hardest thing about the job, Ridley said, was overcoming her own fears.

"It's one thing for other people to see potential in you and it's quite another for you to understand that and see it in yourself," she said.

'So of course everyone else being wonderful helps, but there's a certain level of growth... you have to do as a person... It's just like life times a million."

Right now, that life is a sniffley one that includes lots of airplanes and interviews.

The film's nonstop promotional schedule has left Ridley with a cold that has her wrapped in a winter coat on a recent warm Southern California day.

But even illness doesn't weaken her resolve when it comes to keeping the film's hotly guarded secrets.

Though co-star Harrison Ford has said Rey wields a lightsaber in the film, Ridley deflected the question when asked directly.

'Finn and Kylo have a fight with a lightsaber," is all she would say, referring to co-stars John Boyega and Adam Driver, whose tussle has already been shown in the film's trailers.



Daisy Ridley plays Rey in The Force Awakens. HANDOUT

The actress did undergo months of physical training to prepare for her role, a regimen that included weightlifting, climbing and "staff training" footage shows Rey running and fighting with a staff.

How much different could a lightsaber be?

"I had to look like I could

look after myself in the desert and drag and scavenging things across sand," she said.

The youngest of five, Ridley appeared in small roles in medical and crime television dramas in the U.K. before capturing director J.J. Abrams' attention in her audition for The Force



It's one thing for other people to see potential in you and it's quite another for you to understand that and see it in yourself.

**Daisy Ridley** 

The film's set transported Ridley to the Star Wars world, where Abrams and the cast helped allay an initial feeling she describes as "terror."

"Luckily, to have J.J. there, who is so kind and considerate and encouraging, and to have a crew of people who made me feel safe and not rushed and not pressured, that is precisely what took the pressure off.'

So did bonding with Boyega. The two would sing songs from The Lion King before shooting their scenes and explored the markets of Abu-Dhabi on their one shared day off.

"We got on so well," Ridley said.

"It was so much fun all the time, and to have him with me through this whole thing, both in filming and afterward, has been incredible."

One thing the actress isn't prepared for is the level of fame she's likely to experience. She tries not to think about it.

"The fame side of things is a weird twist that I'm not kind of interested in," she said.

"If I was going to be recognized for anything, Star Wars is all right." THE ASSOCIATED PRESS



#### In The Heart of the Sea

**Director: Ron Howard** Starring: Chris Hemsworth, **Benjamin Walker** 

In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will. The real-life disaster would inspire Herman Melville's Moby-Dick.

ROTTEN TOMATOES™ SCORE Audience:



**60% 170%** 



to town.





#### ART HOUSE/INTERNATIONAL **Every Thing Will Be Fine**

**Director: Wim Wenders** Starring: James Franco, **Charlotte Gainsbourg** 

This searing drama charts the emotional odyssey of a struggling novelist whose life is turned upside down one wintry night following a fatal car accident. The incident sets him on a soul-searching journey toward redemption.

ROTTEN TOMATOES™ SCORE Audience: **Critics:** 

**17 21%** 



#### DRAMA Brooklyn

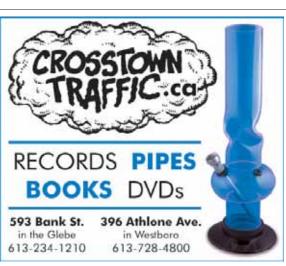
**Director: John Crowley** Starring: Saoirise Ronan, Domhnall Gleeson

Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. Homesickness quickly diminishes as a fresh romance sweeps up Eilis.

ROTTEN TOMATOES™ SCORE **Critics:** Audience:











# Older, sure, but he's still the same Solo

STAR WARS

#### Ford on reprising his role as rebel of the cosmos

When speaking about Star Wars, there are few topics that inspire a twinkle in Harrison Ford's eyes. The 73-year-old actor is matterof-fact about almost everything — from his reunion with Carrie Fisher ("It was no big deal") to the franchise's unwavering popularity ("For me, it's old news").

However, when Ford brings up his new co-stars, he lights up like the Millennium Falcon charging through hyperspace.

"The new, young actors Daisy Ridley and John Boyega were well cast, well directed and are huge talents," he said, his voice lifting, during a recent interview. "They carry the movie.'

After more than 30 years, Ford is reprising his role as smart-aleck smuggler Han Solo in director J.J. Abrams' Star Wars: The Force Awakens. The iconic character, who hasn't been seen on screen since celebrating the fall of the Galactic Empire in 1983's Return



"He's not selling real estate now. He's the same guy," says Harrison Ford of a 30-years-older Han Solo. нахроит

of the Jedi, serves as an unlikely mentor to scavenger Rey (Ridley), defector Finn (Boyega) and pilot Poe Dameron (Oscar Isaac) as they team up to take on masked adversary Kylo Ren (Adam Driver) and his minions.

While the film has been cloaked in an unparalleled level of secrecy, Ford guaranteed that fans can expect the same Solo they fell in love with from the

original Star Wars trilogy.

The shorthand is that he's older and wiser, but his bones are the same," Ford said. "He's not selling real estate now. He's the same guy - only with the passage of 30 years. While we do not sit down and describe what he's been doing for those years, we do discover in the context of the story what the complications have been in his life.'

Ford, who infamously wanted George Lucas to kill off Solo in Return of the Jedi, had a "why not?" attitude about suiting back up. He wasn't surprised by Disney's Death Star-sized plan to revive the franchise after acquiring Lucasfilm in 2012 for more than \$4 billion. The studio is planning to release a stand-alone film about a young Solo in 2018.

"If you make a huge invest-

ment in a product and it pays off, there's wisdom in seeing whether the well has run dry, Ford said. "If the well has run dry, (expletive) admit it and go on to something else. This well has not dried, especially when you introduce new discoveries, which Daisy Ridley, John Boyega, Oscar Isaac and Adam Driver represent."

Despite embodying the inter-

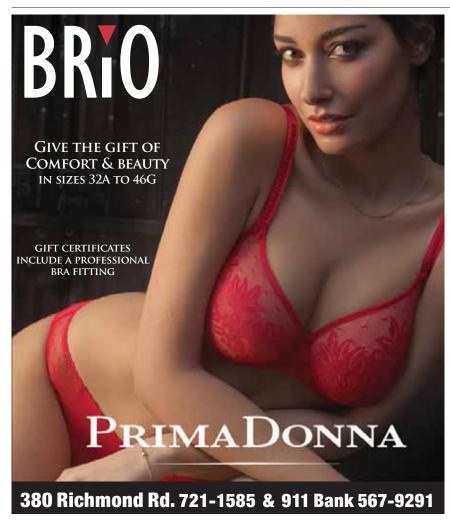
galactic scoundrel in three films, the Indiana Jones star didn't feel the need to provide Force Awakens filmmakers with much insight into Solo, who is back alongside shaggy sidekick Chewbacca (Peter Mayhew).

'They wanted to know if I didn't like something, and we would talk about ways to fix it," Ford said. "That's what we do. It's a collaborative process. There wasn't much. (Lawrence) Kasdan was back. He was one of the writers from the original films. He has a keen understanding on how the beast works, so I think they produced a script that — in my mind — was very easy to work with."

Önce he was back in a galaxy far, far away, Ford's reprisal was stopped short on the second day of production last year when a door on the Millennium Falcon set outside London fell on him. He broke his left leg and was grounded for months. The unexpected time off proved more frustrating than fruitful.

"I had been ready," he said. I didn't have much to think about. I think it gave J.J. some more time to think about some of the scenes."

THE ASSOCIATED PRESS



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# Kelly Rowland is busy chasing her own destiny

If fans are anticipating a Destiny's Child reunion album, Kelly Rowland says don't expect one anytime soon.

These days, Rowland is focused on recording solo music and filming a documentary series called Chasing Destiny, which premieres on BET in April. She completed a three-city quest in New York, Atlanta and Los Angeles with veteran choreographer Frank Gatson — who serves as Beyonce and Rowland's creative director — auditioning talent in hopes of finding the next superstar girl group.

"I don't care where they are, where they live, where they're from, their background — I just want to make sure that I have girls in the group who are not afraid to work, who are excited about a great opportunity, who have goals and think, and breathe, and sleep music," Rowland said in an interview last

The Grammy winner said she wants to create a girl group for this generation of music fans. The pop charts currently include Fifth Harmony, who had a major hit this year with Worth It, and British group Little Mix, who won The X Factor in 2011 and released their third album last month.

But Rowland believes there's room for more.

'When Destiny's Child was around I remember there was Xscape, there was SWV, there was En Vogue, there was the Cheetah Girls," she said.

"There were all these different types of groups, and these different types of girls groups, and there's just one (now) — you're kidding me? Like, get out of here. It should definitely be more."

Rowland said she and Gatson aren't sure how many girls will be selected for the group. Gatson said he already held two secret audition sessions in New Orleans and New York without Rowland, in hopes of finding more candidates. More than 70 prospects auditioned for them

"We have to search under every rock," said Gaston, who groomed Destiny's Child and also choreographed routines for Michael Jackson and Jennifer Lopez. "There has to be another Michael Jackson out there. There has to be another Supremes."

Until they find their group, Rowland said she's enjoying the

her time with Destiny's Child. The group was one of the bestselling female groups of all-time, releasing platinum-plus albums and multiple hits, from Say My Name to Bootylicious to Survivor.

Rowland said her "heart beats so fast" thinking about those times with Beyonce and Michelle

"It takes me back to those days when we were grinding and being moulded," said Rowland, who will release a solo album next year.

"I think this is the most beautiful moment. The fun part is getting to know these girls (and) being able to share my stories.' THE ASSOCIATED PRESS



"There has to be another Michael Jackson out there. There has to be another Supremes," says Kelly Rowland.

JOHN BAZEMORE/THE ASSOCIATED PRESS

### Serial has returned



Sgt. Bowe Bergdahl, the focus of Serial's second season, was held prisoner for years by the Taliban. THE ASSOCIATED PRESS

#### PODCASTS

#### Taliban prisoner's story to be a TV show

The widely popular podcast Serial has arrived.

In the highly-anticipated second season, NPR producer Sarah Koenig tells the story of Bowe Bergdahl, a U.S. soldier who was taken prisoner by the Taliban after disappearing from a base in Afghanistan in 2009.

After five years in captivity, Bergdahl was released in a prisoner exchange and U.S. President Barack Obama announced that he was on his way home.

But, as Koenig explains, while

Bergdahl's release was initially celebrated, "public reaction to his return flipped."

Soldiers from his unit called him a deserter and the U.S. army launched an investigation into how he was taken prisoner.

Through all of this, Bergdahl has been quiet. He hasn't spoken to the press or done any interviews on TV. He's been like a ghost at the centre of a raucous fight," Serial explains.

In the first episode — called "DUSTWUN," the military acronym for "duty status - whereabouts unknown," which is available online — listeners hear Bergdahl's voice, from about 25 hours of taped phone conversations with filmmaker Mark Boal.

"There I was in the open desert and I'm not about to outrun a bunch of motorcycles," Bergdahl tells Boal near the end of the episode about how he was taken. "I couldn't do anything against six or seven guys with AK47s. They pulled up, and that was it."

Boal, who wrote and produced Zero Dark Thirty and The Hurt Locker, is Koenig's production partner for season two.

"This one idiosyncratic guy makes a radical decision at the age of 23, to walk away into Afghanistan, and the consequences of that decision, they spin out, wider and wider. And at every turn you're surprised, the picture changes," Koenig says in the first episode about Bergdahl's story.

'To get the full picture, you need to go very, very small, into one person's life – and also very, very big, into the war in Afghanistan." TORSTAR NEWS SERVICE

#### TV PERSONALITIES

# Nardwuar recovers from stroke in Vancouver hospital

Offbeat celebrity interviewer Nardwuar the Human Serviette is recovering from a stroke in Vancouver.

The humorous TV personality and musician, whose real name is John Ruskin, has the news posted on his Twitter account.

The posting issued Wednesday night says the 47-yearold YouTube star suffered the stroke at a party in Vancouver.

It also says he's recovering at Vancouver General Hospital.

The nasally voiced Vancouver native is known for his eccentric approach to interviews, which he conducts in a tartan tam cap.

His interview subjects



Chuck D and Nardwuar in Austin. Texas. THE CANADIAN PRESS/HANDOU

have ranged from Snoop Dogg, Chuck D, Iggy Pop and Katy Perry to Rush's

Geddy Lee and former U.S. president Gerald Ford.



### Spirit of the West's time for a rest

Last call for band behind classic pubcrawl song

Alan Cross For Metro Canada



If someone has written a better drinking song than Spirit of the West's Home for a Rest, I haven't heard it. While in the U.K., frontman John Mann and guitarist Geoffrey Kelly documented a rather intense crawl of pubs and other establishments over the course of a week.

You'll have to excuse me, I'm not at my best

I've been gone for a week, I've been drunk since I left

These so-called vacations will soon be my death

I'm so sick from the drink, I need home for a rest.

The song originally appeared on Spirit of the West's 1990 album, Save This House, and

You'll have to excuse me, I'm not at my best/ I've been gone for a week, I've been drunk since I left

has since become the classic Canadian drinking song. Most musicians only dream of writing a song that spans generations. I'm pretty sire an ability to recite the lyrics is part of the

citizenship test. Things have not been going well for John over the last decade. In 2009, he was diagnosed with colorectal cancer but was able to overcome it. By 2011, he was cancer-free.

But then he noticed that he was having more trouble remembering things. He'd been experiencing minor lapses as far back as 2001 but they seemed to be getting worse. Song lyrics were forgotten. Familiar guitar chord changes were lost. The memory issues got worse during his cancer treatments but his doctors thought they'd go away once the cancer was eradicated. They didn't. In fact, they

got worse.

In September 2014, John and his wife, playwright Jill Daum, decided to go public with John's condition. Barely into his 50s, he was diagnosed with early-onset Alzheimer's, an incurable degeneration of cognitive functions. With the time John has left, he and Jill want to do what they can about

raising awareness of a disease that's going to become more prevalent as the population

John can still perform, but he needs help. Lyrics are on an iPad. He has someone with him to guide him through the performance. But Spirit of the West recognizes that the time has come to bring the band's career to a gracious close. A couple of farewell shows have been set for the Commodore Ballroom in Vancouver on April

#### **THERAPY**

#### How you can help

Meanwhile, John and Jill are not giving up. Having exhausted every possible treatment, they are now turning to experimental and very expensive stem cell therapy. One course of treatment can cost up to \$50,000. If you're interested in helping out, you can donate at Generosity.com.

For more, go to AJournalof MusicalThings.com or follow me on twitter at @alancross

#### **BOOK BRIEF**

#### Big shake of a lamb's tale

This is the story of how an injured lamb named Sweet Pea started a war. Well, a bidding war. John and Jennifer Churchman's lamb hurt a leg on the Vermont farm where they keep sheep, ducks and geese.

To celebrate Sweet Pea's recovery, the couple dressed up their animals, fed them delicacies like pumpkin slices and shared photos online. The images formed the illustrations for Sweet Pea & Friends: The SheepOver, a children's book they initially self-pub-

Within days of a blog post about Sweet Pea by a local bookstore owner, the Churchmans had a literary agent. A bidding war for the story among five major publishing houses followed.

The story of Sweet Pea, published by Little, Brown Books for Young Readers, is in stores in time for Christmas. THE ASSOCIATED PRESS





2015

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#### THINGS TO KNOW ABOUT THE GOLDEN GLOBES

As one year ends, another Hollywood awards season begins. The nominees for the 2016 Golden Globes were unveiled on Thursday morning in Beverly Hills. California. From the perennial favourites and big-name stars to the underdogs, biggest surprises and glaring omissions, here's what you need to know about the nominees for the 73rd annual awards show, TORSTAR/THE ASSOCIATED PRESS

#### 1 Oops!

The Golden Globes' official Twitter account was drawing flak even before the nominees were announced after mistaking presenter America Ferrera for Gina Rodriguez.

In a series of tweets, which have since been amended, the Globes linked to Rodriguez's twitter account (@



#### First timers

Lady Gaga received her first Golden Globes nomination for a role in American Horror Story: Hotel.

Comedians Amy Schumer and Melissa McCarthy are up for the best actress in a comedy award for their films Trainwreck and Spy, which are also competing in the best comedy category.

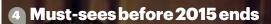
The best TV drama category has been blown wide open, with Empire, Mr. Robot, Narcos, and Outlander all receiving their first nominations. Only HBO's Game of Thrones is a returning nominee.



#### Canada's sole nominee

Irish-Canadian author Emma Donoghue was the only Canuck to pick up a nomination this year. Donoghue, who is based in London, Ont., got the nod for the adaptation of her novel, Room. The book tells the story of a young boy and his mother who are held captive in a shed. The film won the People's

Choice Award at the Toronto International Film Festival earlier this year and has been generating major Oscar buzz. Directed by Lenny Abrahamson, the movie also picked up Golden Globe nominations for best film drama and best film actress in a drama for Bree Larson, who plays the child's mother.



Several big-screen nominees are not even being released until Christmas. Leonardo DiCaprio is nominated for The Revenant, a film about a 19th century frontiersman that is also in the running for best motion picture - drama, best director and best original score. Will Smith is nominated for Concussion, which tells the story of the doctor who discovers the prevalence of brain damage in professional football players.

#### No surprises here

It's no surprise that Julia Louis-Dreyfus picked up another nomination for her starring role in HBO series, Veep. It's Louis-Dreyfus's fourth nomination for the comedy, and the seventh in her career. Box office hit The Martian received three nominations: best picture comedy, best director (Ridley Scott) and best actor (Matt Damon). Released in October, the two-hour-plus sci-fi comedy has already grossed more than \$221 million









# MELERIRAVE

Your essential daily news

Kathy Griffin says her first-ever Carnival Cruise Lines comedy routines will rock the boat

# Embracing America and Cuba







Lance McMillan For Metro Canada

Dec. 17 will mark one year since U.S. President Barack Obama ordered the reestablishment of diplomatic relations between the United States and Cuba.

As it stands now, restrictions imposed by the embargo have only been eased through executive action and pertain mainly to travel and telecommunication. But change, albeit small, can be readily seen.

Walking down the streets of Havana, it is not unusual to see locals wearing clothing adorned with the American flag. Even taxis with American flags hanging in the window or dangling from rearview mirrors have become commonplace.

The island nation cannot yet fully embrace any real change, however, as it is up to Congress to lift the embargo that went into effect back in 1961. While the previous 113th Congress may have been one of the most unproductive congresses in U.S. history, the current 114th Congress seems to be on a better track.

So if you're planning on escaping the cold Canadian winter, Cuba should be on the top of your list as it may be the last chance to see it in its current state.



ALL PHOTOS BY LANCE MCMILLAN





TRAVEL NOTES BALI BARGAIN, FANCY LUGGAGE



Lombok is just one island east of Bali. CONTRIBUTED

#### Indonesia deal

Save up to \$540 on Contiki's new eight-day Bali Island hopper trip when you book and pay before Dec. 23. With a shortie trip, you only have to take five days off work to hang out on Bali, Gili Trawangan and Lombok, one of the world's top hot spots.

Besides island hopping, you'll be snorkelling and surfing, staying in four-star hotels and enjoying amazing Indonesian cuisine. Visit Contiki.com.



The new Quartermaster
Homme carryon. CONTRIBUTED

#### Ultimate carry-on

What to get the man who has everything? The perfect suitcase, of course. The new Ebby Rane Quartermaster Homme luxury carry-on keeps him organized, with seven inner pouches that fit together, guiding the packing process so nothing gets forgotten — ties, shoes, tech gear, shaving essentials, etc. A stylish little slice of Italian leather heaven. \$1,230, at EbbyRane.com.



The new Iberostar Playa Pilar, Cuba. CONTRIBUTED

#### New Cuba hotel

Just in time for the influx of American tourists, Iberostar Playa Pilar has opened on Key Guillermo in the Jardines del Rey archipelago, the hotel chain's 11th resort in Cuba. With 480+ rooms, the five-star resort faces the world's second-longest coral reef, and offers a flawless beach, three restaurants, plus a ton of water sports and nautical pursuits to help pass the time. Visit Iberostar. Com. DOUG WALLAGE

**34** Weekend, December 11-13, 2015 metr#TRAVEL

# How flyers can make a smooth getaway

#### get to and from the airport in variou<del>s</del> cities

Loren **Christie** For Metro Canada



#### **Toronto**

There is a couple of choices available when making your way to and from Toronto's Pearson International. Toronto's public transit system (TTC) offers the cheapest option but the \$3 fee requires you to schlepp your suitcase onto a bus to Kipling Station where you then transfer over to the subway.

A comfortable yet more Cab-free ways to expensive alternative is the Union Pearson Express, which speeds you between the airport and downtown Toronto's Union Station in just 25 minutes, with trains departing every 15 minutes between 5:30 a.m. to 1 a.m. A one-way fare is \$27.50.

#### Vancouver

Getting between downtown and Vancouver International Airport is relatively easy. Located on Sea Island in Richmond, YVR is connected to the downtown via the convenient Canada Line Translink service.

A fantastic added convenience is the airport check-in kiosks at the following Canada Line stations: YVR-Airport, Templeton, Bridgeport, Marine Drive, Broadway-City Hall, Olympic Village, Vancouver City Centre and Richmond-Brighouse. The fares vary slightly, but expect to pay approximately \$10.

#### **Montreal**

The 747 bus line runs between the Montréal-Trudeau airport and the central bus station downtown 24 hours a day, seven days a week. Depending on

#### 🛑 IN ENGLAND

When it comes to convenience the London Underground is incredible. With regular service to and from all terminals to Central London you can get to any destination within the London transport network on a one-way ticket that will cost you roughly \$10. The duration is between 60 and 80 minutes, depending on the destina-

Alternatively you can take the Heathrow Express train, which travels between Heathrow and London's Paddington Station. The ride lasts about 20 minutes and tickets booked 90 days in advance can cost as little as \$11 one-way and \$33 when purchased on the day of travel.

traffic, the trip can take between 45 and 60 minutes and the cost is \$10, which actually buys you 24 hours of service throughout the STM bus and métro network.

\*Visit Hilton.com to learn more about our Best Price Guarantee.



Vancouver International Airport is connected to the downtown via the convenient Canada Line Translink service. ED BIERMAN (FLICKR: EDBIERMAN)





36 Weekend, December 11-13, 2015 metr@TRAVEL

# Fly off to the Panhandle this winter

FLORIDA'S HIDDEN GEM

#### Bohemian hamlet, oyster capital among road trip stops

Steve Gow For Metro Canada

This time of year, sun-seekers look south to Florida for an easy winter warm-up. But while the Sunshine State is mostly known for its massive family theme parks or Miami's nightlife, there is an overlooked side that's equally as enchanting: the Panhandle. Here's a quick look at the best of the state's northern coastline.

#### Pensacola

A great starting place, Pensacola delivers the liveliness of a major city alongside an eight-mile stretch of unspoiled beach that's practically deserted this time of year. Relax in the sun or wander around Fort Pickens — a well-preserved Civil War-era garrison located at the beach's western tip that notably included Apa-

che warrior Geronimo among its historic internees.

For airplane buffs, the National Naval Aviation Museum is a world-class gallery complete with more than 150 aircraft, flight simulators and an IMAX theatre. Stay at the Margarita-ville Beach Hotel and watch dolphins splash from your balcony as the spectacular sun rises over the Pensacola Pier.

#### **The Emerald Coast**

East of Pensacola, this beautiful coastline doesn't just possess pristine beaches but the unique town of Destin (known as the "World's Luckiest Fishing Village") is where anglers can reel in deep-water fish thanks to a nearby 100-foot underwater drop-off.

As you travel further east, don't miss Grayton Beach — a bohemian hamlet with one of the most idyllic beaches in America. While there, grab a drink at The Red Bar, a funky jazz club that's hosted such celebrities as Sheryl Crow within its kitschy art-covered walls. Finish the day at Panama City Beach with its many garish roadside attractions of go-karts and pirate-themed mini-golf.



The Pensacola Pier in front of the Margaritaville Beach Hotel at sunrise. STEVE GOW/FOR METRO

#### The Forgotten Coast

Before the coastline begins to curl south lies Florida's most seductive secret — the Forgotten Coast. The historic town of Apalachicola bleeds charm with its Victorian architecture and old brick warehouses. Once a main port for the cotton-boom era, Apalachicola is now the

oyster capital of Florida, evident by the thousands of shucked shells adorning gardens and walkways. Try fresh mollusks at the popular Owl Café where you can wash the delicacies down with local ale from Oyster City Brewery.

For a real antebellum experience, stay at the Gibson Inn, a

108-year-old mansion wrapped in wide, white porches. For a great day trip, drive 90 minutes north to Wakulla Springs State Park to swim amongst endangered manatees and stop in Sopchoppy en route for a glimpse at the mysterious white squirrels that inexplicably inhabit the area — truly a wonder to behold.

#### - LOCAL EATS

#### **Sno-balls**

A popular treat of shaved ice topped with a variety of flavoured syrups and cream is best served near Pensacola at Tommy's Sno-Balls — a beloved roadside shack with hundreds of varieties that include kitschy names like Worm Juice and Alligator Blood.

#### **Grouper sandwich**

In Florida's Panhandle, you can't go wrong with any fresh local seafood; however, the grouper sandwich is a Gulf Coast specialty. A meaty, light white fish, the grouper makes for a very flavourful feast whether grilled, fried or blackened.

#### **Tupelo honey**

Produced in the Apalachicola region, this rare liquid treasure is a top-grade nectar with the distinction of being the only honey in the world that won't granulate.

### THIS WEEK'S TOP CRUISE DEALS















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# Making Disney an even more magical kingdom

### Parks get boost in technology, new offerings

### Vawn **Himmelsbach** For Metro Canada

If you haven't been to Disney World in a while (or ever), the parks are making big changes – all designed to improve the guest experience.

From "smart" MagicBands to revamped offerings at the newly rebranded Disney Springs — not to mention a cool new Star Wars adventure — there's plenty of magic happening in Orlando, Fla.

And there are special deals for Canadians to help offset the decline of the loonie.

Disney Springs (formerly Downtown Disney) has been undergoing a complete transformation, with the addition of new neighbourhoods slated for completion this summer.

"Most of the change is hap-

pening in The Landing, a true retail and dining complex," said Darcy Clark, marketing manager for Disney Springs. "This is all

about the dining."

A notable addition is
Morimoto Asia, from Japanese
master chef Masaharu Morimoto — known for his appearances on Iron Chef America — featuring pan-Asian cuisine such as Peking duck. More restaurants are slated to open in 2016.

Town Center is a brand-new neighbourhood for shoppers, currently under construction. "Our guests tell us when they're on vacation they want to shop - and not just for Mickey sweatshirts and Tinker Bell coffee mugs,' said Clark. "They want designer handbags." Town Center will feature more than 60 third-party retailers, including the likes of Zara, Tommy Bahama, UGG and Sprinkles Cupcakes.

Over the past year, Disney has continued to roll out a number of enhancements it announced in 2014, including MagicBands, FastPass+ and a mobile app.

With MyDisneyExperience.

### FOR CANUCKS

To address the declining loonie, Disney's Canadian office is offering Canucks a discount on a package for a family of four that includes a five-night stay at a participating hotel with four-day theme park tickets, for travel completed by July 1, 2016. Another option is the Art of Animation Resort, which Disney opened in 2012 as a value-add budget property, ideal for kids with its Nemo-themed pool and Pixel Play arcade.

com and the accompanying mobile app, guests can plan their trip, make changes on the go, purchase theme park tickets, make dining reservations and view an interactive map (as well as wait times for rides).

While wait times have been an issue in the parks, Disney has responded with FastPass+, allowing guests to reserve access to rides,

shows or Disney character greetings either in advance or the day of their visit (wait times can be reduced from well over an hour to five or 10 minutes). Guests can make up to three selections at one park per day: Magic Kingdom, Animal Kingdom, Hollywood Studios and Epcot.

The MagicBand is an RF-enabled wristband that connects guests to the choices they made online. It serves as park admission and access to FastPass+ experiences, as well as a room key and optional payment method within the parks.

And, in the coming months and years, there will be new attractions to experience within the four parks.

This month will see the launch of the new Star Wars Launch Bay exhibit at Hollywood Studios, inspired by the latest film in the franchise, Star Wars: The Force Awakens. A Star Wars land will begin construction in 2016. And in 2017, Disney will launch The World of Avatar in Animal Kingdom with a ride called Na'vi River Journey.



Animal Kingdom is bringing to life the mythical world of Pandora, inspired by the movie Avatar. CONCEPT ART, WALT DISNEY

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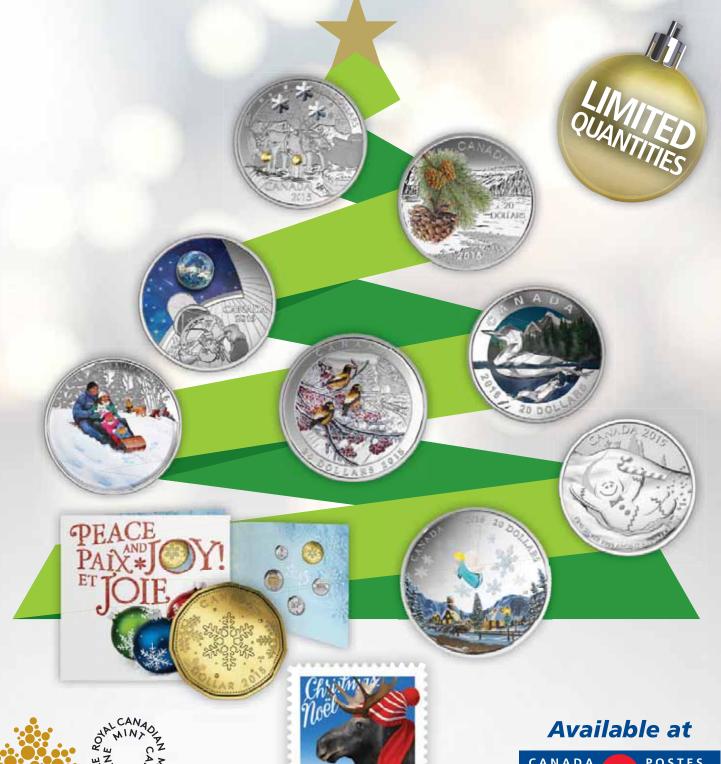
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### Seal those gifts with the best deal

**SHOPPING TIPS** 

### Sites like GiftFind helps shoppers find name-brand products

### **Camilla Cornell**

Jason Brown has been building websites for businesses since he was 16 years old. But October of this year marked his most ambitious project. As founder and CEO of GiftFind.ca, the 26-yearold unleashed his comprehensive price comparison site just in time for the busy holiday shopping season.

"I shop online a lot," says Brown. "But it can be a big headache. Many retailers sell the same products and it can take you hours and hours to find what you're looking for at the cheapest price."

Brown launched GiftFind.ca to fill a perceived hole in the Canadian market by helping



As you rush to get that holiday shopping done, there are tools out there to help you find the best price online, ISTOCK

consumers locate name-brand products at the lowest possible cost. "I felt there wasn't anyone in the marketplace doing a good job at aggregating all the really good e-commerce sites and making the experience easy for Canadians," he says.

His website features more than 300 million products from 500plus retailers such as Amazon, Best Buy, Home Depot and Walmart. "Every big name in shopping is represented," says Brown. GiftFind.ca doesn't sell any products, but rather directs users to the stores with the lowest prices selling the items they're seeking.

Shoppers can check out the site's product and video reviews to narrow down shopping choices.

And if you're stuck on what to get a niece or nephew for a milestone birthday, you can type '21st birthday gifts' into the tool bar to get ideas. (Potential Gift-Find options included a T-shirt emblazoned 'Made in 1994' and the Big Bad Ass Book of Shots.) "We have colour and price filters as well, so you can customize your search," says Brown.

Brown expects a GiftFind mobile app to be released soon as well, but in the interim, he says, you can access the website on your smartphone if you want to make sure the deal you've found in a bricks-and-mortar store stacks up with the lowest prices online.

GiftFind is the newest shopping comparison site, but it certainly isn't the only one available in Canada. ShopBot.ca has been a player in the market since 2004 and offers a full range of shopping categories from computers to wine and gifts, as well as a collection of products and stores you may not find on other price ORGANIZE

#### Wunderlist - free for iOS or **Android**

Your to-do lists and notes are shareable with other users, which is also great for delegating holiday tasks.

#### 24me - free for iOS or Android

This virtual personal assistant won't let you forget anything. It will automatically send you event reminders, and syncs with social media apps so you can stay in touch with friends while you're on the go.

comparison sites. It too directs you to the retailer with the lowest price. And fully two-thirds of its retailers are Canadian.

In addition, Shoptoit.ca, launched in 2005, boasts a comprehensive selection of stores and products and Pricegrabber. ca and PriceFinder.ca both offer a product selection more heavily weighted on the side of elec-

### This year's holiday helpers

### **Mike Yawney**

Getting ready for the holidays can be stressful! Keeping track of gifts, planning get togethers, while staying on budget, is chal-

Here are a few apps to make the holidays go a little smoother!

### Flipp - Free iOS, Android

This app brings all your local flyers to your smartphone or

tablet. Find deals food ad gifts, bookmark them, then bring your smartphone to the store for reference. This app is also a great way to see if the gifts you buy go on sale after you've bought them.

#### Ink Cards - Free iOS, Android

Turn smartphone photos into colourful greeting cards. Choose a theme, add a photo then email your holiday card to family and friends. You can also get Ink Cards to professionally print and mail your card for you.

### The Christmas List - \$1.99

Create a gift budget for multiple people then stick to it with this handy app. You can arrange your shopping list by stores or send your list to others if you're sharing gift-giving duties.

### Big Oven - Free iOS, Android, Windows Phone

With more than 250 thousand

recipes, you'll never run out of ideas for the holidays. This app also helps you prepare grocery lists, schedule your meals and comes up with ideas on what to do with the leftovers.

### Sing Along Christmas Carols - Free

Learn the words to all your favourite holiday songs. This Karaoke-style app is perfect for Christmas carolling or teaching your kids new holiday songs.







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### The ultimate gifts for foodies

**GIFT IDEAS** 

Some holiday favourites for those who love the kitchen

**Tina Anson Mine** 

Whether you're looking for the tried-and-true or something a little different, these gifts are sure to delight the food lovers and aspiring chefs in your life.

For the retro enthusiast Streamline Kitchen Timer. It's the details that make the look. This classic old-school kitch-



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Drur Czerii. 200 Possibi

For the seafood lover



Outset Oyster Grill Pan. The holidays fall smack in the middle of oyster season, and Canadians are no strangers to grilling in their parkas. So why not indulge the oyster lover on your list with this funky pan? Made of sturdy cast iron, it has perfectly shaped holes to hold a dozen oysters on the grill without spilling any of their tasty juices. You can also use it to serve oysters cold on the half-shell if you're not that into winter grilling. \$47.99, Home Outfitters, homeoutfitters.com.

For the baker Cambria C a k e Stand. If you're going to go



to all the trouble — and joy! — of baking a beautiful cake, you need something equally pretty to put it on. With clean lines and a modern but slightly rustic look, these laid-back cake stands come in a bunch of juicy hues. They're perfect for entertaining a holiday crowd at home. \$73, Pottery Barn, potterybarn.ca.



For the wine lover C opp er Wine Bottle Cooler. This stylish coppertoned chiller has the panache of a real copper bucket without the insane price

tag. Sturdy iron handles give it a masculine edge and make it easy to tote from kitchen to table. Hint: To quick-chill your wine, add ice, fill the bucket about halfway with cold water and add a handful of salt before adding the bottle. \$65, Pottery Barn, potterybarn.ca.

### For the coffee addict

Le Creuset Café Stoneware French Press. This 27-ounce pot holds about three generous cups of coffee — just right for sharing a morning pickme-up with a friend. Made of sturdy ceramic, it

keeps coffee hot much longer than typical glass or metal French presses. The beautifully enameled stoneware is durable and looks great on the counter.

\$80, Williams-Sonoma, williams-sonoma.ca.

### For the techno-cook



Sony Xperia Z3 tablet. This tablet is waterproof. Yes, you heard that right. While you can't dunk it all the way underwater (there are limits), this slim, compact Android-platform device tolerates splatters and can even take a quick rinse under the tap. It makes cooking your favourite online recipes a tidier experience. \$699.99 with no plan or \$49.99 with select two-year plans, bell.ca or rogers.ca.



For the gadget lover

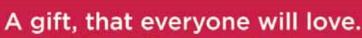
Vegetable Spiralizer. Remember how much you loved that Tornado Potato at The Ex? Get ready to make it at home. This clever machine turns vegetables into four different-size spirals, from tiny angel hair (great for raw veggie "noodles") to wide, flat spirals (for those deep-fried potato curlicues you're now craving). Made of sturdy plastic and super-fast to use, it's a fun kitchen toy. \$64.50, Lee Valley, leevalley.com.

For the hipster health nut KoMo FlicFloc Manual Flaker. Why buy a sack of stale rolled oats when you can make them fresh at home? This old-fashioned hand mill turns raw oat groats into easy-to-use flakes that retain all the nutrients in the whole grain. Lovingly

and steel, it's a keeper vou c a n pass on to the next generation. \$179, Grain Storm, grainstorm. com.

made of birch





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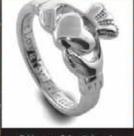
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### Have a green Christmas

**ECO-FRIENDLY** 

### Think about the environment and others

### **Todd Lewys**

With the green movement gaining momentum, we thought we'd include a crosssection of novel eco-friendly gift choices for your consideration.

**Anointment Natural Skin** Care Wet Shave Kit: This gift set includes a handcrafted pottery shaving scuttle, shave brush and old-fashioned, unscented shaving soap. The soap contains moisturizing French green clay, skin-soothing ground sandalwood and flaxseed — plus castor oil for impressively dense foam. \$60 at Grassroots Environmental Products at grassrootsstore.com.

Magnifeco: Your Head-To-Toe Guide to Ethical Fashion and Non-Toxic Beauty, by Kate Black: This book by Kate Black is, in just a few words, a head-to-toe guide to ethical fashion and non-toxic beauty. Black examines these subjects, recommends a number of ways for consumers to make better decisions and introduces the brands and designers leading the way along this socially responsible path. \$19.95 at Amazon.ca.

Bamboo Sheet Set: Sold

by British Columbia eco-retailer All Things Being Eco, these bamboo sheets — available in queen and king size sets — offer a rich lustre, soft feel and, due to their bamboo construction, are very durable. \$165-\$195 at allthingsbeinge-co.ca.

Cotton Mesh Produce Bag: Made right here in Canada, this cotton mesh produce bag is an environmentally responsible — not to mention good looking — alternative to using plastic bags.

You can use it to take your fruits and veggies home from the market, and the breathable mesh allows for easy storage in the fridge. \$15.50 at eco-handbags.ca.

Bamboo Towel Set: Softer and more absorbent than cotton, these towels are made of 100 per cent bamboo viscose yarn. Naturally hypo-allergenic, anti-microbial and more odour-resistant than cotton, the set comes with a bath towel, hand towel and face cloth. \$45 at allthingsbeingeco.ca.

Bookhou for Mini Mioche Hoodie Tee: The Toronto-based company enlisted local designer Bookhou to design a winning hoodie-tee for children. The result is a 100 per cent organic cotton hoodie tee that comes in 10 sizes and three prints — olive triangle, black bure and eggplant floral. \$33 at minimioche.com.

**Chemex Coffee Maker:** With four sizes to choose from —

three, six, eight and
10 cups — this
coffee maker
is as green as
you can find.
Made of nonporous borosilicate glass,
the carafe
doesn't absorb
odours or retain

harmful chemical residues. It uses patented Chemex bonded filters (US\$8.90). US\$38.90-\$47.50 at chemexcoffeemaker. com or Amazon.ca.

VerTerra Palm Leaf Dinnerware: Greenmunch — based in Sherwood Park, Alta. — offers VerTerra Palm Leaf Dinnerware plates made from fallen palm leaves and water. They are microwave safe up to two minutes on high, and are oven-safe at 350 degrees for up to 45 minutes. One hundred per cent compostable, they biodegrade in less than two

months. \$14-\$27 at greenmunch.ca.

Weleda Calendula Baby Face Cream: Made with 96 per cent organic ingredients, this cream is free of synthetic fragrances, chemical preservatives and petroleum-derived ingredients. It moisturizes and

softens baby's sensitive skin. \$23 at minimioche.com, well. ca and other retailers.

Poo-Pourri Before-You-Go Toilet Spray: According to the good folks at All Things Being Eco, this makes a great stocking stuffer. Little wonder — an ounce of perfumed prevention can go a long way in the bathroom. \$12.25-\$18.50 at allthingsbeingeco.ca.



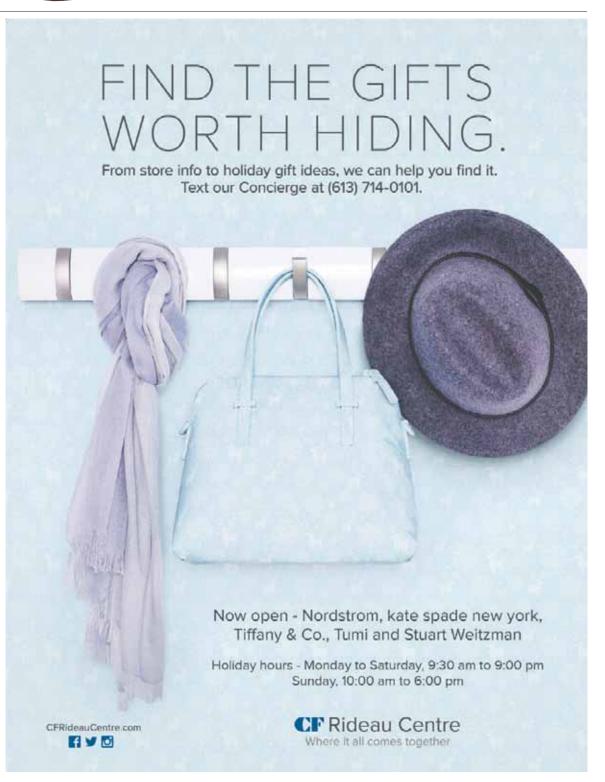
1 Poo-Pourri Before-You-Go Toilet Spray (\$12.25 - \$18.50)

2 Cotton Mesh Produce Bag (\$15.50)

3 Anointment Natural Skin Care
Wet Shave Kit (\$60)

4 Bamboo Towel Set (\$45)
5 Magnifeco by Kate Black (\$19.95)





### lass to fine win

RECOMMENDATIONS

The good stuff can be found in almost every price range

### **Peter Rockwell**

Are you haunted by the gifts of wine you gave from Christmases past? Here are a dozen bottles that are guaranteed to put a smile on the face of the wine lovers on your holiday shopping list.
FOR THE WINE

**NEWBIE** 

Not to say that anyone, no matter how wine engaged, wouldn't appreciate these wines, but they'll especially appeal to those just getting their palates

KWV 2014 Contemporary Collection Chenin Blanc (South Africa, \$9.45 -\$10.99):

A thirst-quenching dry white

with plenty of light green fruit and balanced acidity. Radio Boka 2013 Tempranillo (Spain, \$10.95 -\$13.99): Still undiscovered by many, the wines of Spain's Valencia region are real palate pleasers, with this well-priced Tempra-

nillo a tasty mix of black cherry and subtle spice. Fairview 2014 Goats do Roam Red (South Africa, \$12.95 -\$14.99): With a

name poking fun at France's Côtes du Rhône region it's no wonder that this is a Shiraz-led blend of six

different grapes. Light and juicy, its plummy fruit is drinkable right out of the bottle.

The Entertainer 2013 Red Blend (Australia, \$15.95-\$16.99): Made by Wolf Blass in honour of its gregarious founder, this ripe, rounded red blend of Shiraz and Grenache has loads of berry fruit and a hint of residual sugar.

FOR THE ENTHUSIAST If you're friends with an aficionado, one of these wines should turn their corkscrew. Anselmi 2014 San Vin-

cenzo IGT (Italy, \$16.95-**\$20.99):** This inspired blend of Garganega, Chardonnay and Sauvignon Blanc is a muscular white with complex citrus and apricot. Aging in steel

vats means there won't be any oak to distract you from the forward fruit.

O'Leary Unoaked Chardonnay VQA (Ontario, \$13.95-\$18.99): One for the business-minded. Mr. Wonderful,

Kevin O'Leary, joins the celebrity winemaking scene with this refreshing, citrus-meets-green apple Chardonnay perfect for seafood (even shark).

McManis Family Vineyards 2013 Cabernet Sauvignon (California, \$19.95): À full-figured California Cabernet with thick, cassis-laden fruit and a touch of smoky wood thanks to six months of oak aging. Though big on ripe, jammy flavours, this is a surprisingly balanced red that drinks super smooth.

Jacob's Creek 2013 Double Barrel Shiraz (Australia, \$19.95-\$20.99): Both wine and brown spirit fans will enjoy this uniquely aged Barossa Valley Shiraz that sees finishing time in used Scotch barrels. It all leads to a big-boned red with loads of chewy wood and dark chocolate. Bonterra 2013 Chardonnay (California, \$19.95): As the granddaddy of American organic wine producers,

itself by making consistent, full-flavoured wines like this Chardonnay. Fresh, bright and oozing tropical pineapple, lime and lemon, it makes for a perfect partner with

Bonterra's made a name for

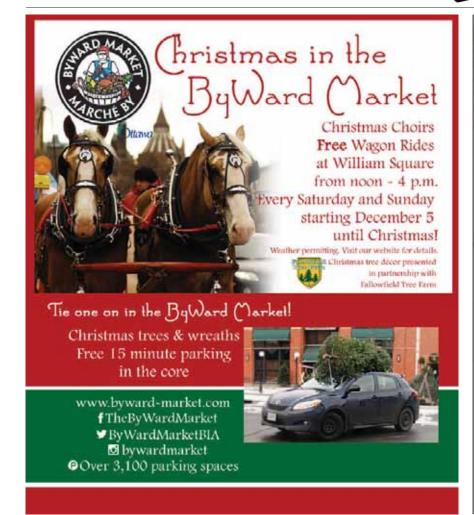
roast poultry. IF MONEY IS NO OB-**JECT** 

The holidays are all about giving; just be around when they open one of these **Montresor 2013 Amarone** della Valpolicella (Italy, \$36.45-\$43.99): Though you can drink them with food, an Amarone is a slow sipper, best paired with good conversation. Made by pressing dried grapes, this is a robust core of plums, raisins and dark black fruit, which makes it a great dinner opener

and closer. Taylor Fladgate 20-Year-Old Tawny Port (Portugal, \$62.79-\$68.95): No liquid goes better with a roaring fire and cheese (especially Stilton) than Port. Made from a blend of 20-year-old wines, this is a sublime mix of brown sugar,

nuts and spices. Moët & Chandon 2004 Dom Pérignon Champagne (France, \$224.29- \$249.95): Named for a French monk, Dom Pérignon is arguably the most recognizable name from Champagne. The 2003 balances sophisticated citrus fruit with enough depth to float a cruise ship, ready for any occasion.

**11** KWV 2014 Contemporary Collection Chenin Blanc, \$9.95-\$10.99 2 Fairview 2014 Goats do Roam Red, \$12.95-\$14.99 3 Bonterra 2013 Chardonnay, \$19.95 4 Jacob's Creek 2013 Double Barrel Shiraz, \$19.95-\$20.99 Moet & Chandon 2004 Dom Pérignon Champagne \$224.29 \$249.95 Dom Té





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### Your pet set to get Xmas benefits

### **Yiva Van Buuren**

Twas the night before Christmas and all through the house, not a creature was stirring... except for the family pet who was sniffing around under the tree

Wrap up one of these practical and fun gift ideas for the pets on your list.

RAIN DATE: Some dogs dislike the rain.... but the Pet Life Pour-Protection Umbrella will keep them dry. It has a reflective lining and leash holder. \$34 at Amazon.ca.

ADD LIGHT YEARS: Active cats will love the Petsafe Bolt Interactive Laser Toy and it gives owners quality time with their pet too. \$21.99 at Amazon.ca **TO ALL A GOOD NIGHT:** Invite your four-legged friend to

curl up on this designer dog bed by Jo Alcorn. \$99 at Shop.ca.

BARK BINGO:
Wrap up a dog
bingo game
for the pet
lover on your
list. \$39.95 at
Crate and Barrel, crateandbar-

PLAY BALL: Dogs can learn to retrieve

with the
Toys "R" Us Pets Fetch
N' Treat Interactive
Dog Toy — when the
dog retrieves the ball
and drops it in, the toy
gives him a treat. \$29.99
at PetSmart, petsmart.ca.

#### **JINGLE BELL:**

Adjustable glow-in-thedark collar is comfortable and lightweight, and a jingle bell makes it easy to find the cat. Martha Stewart Pets collar, \$9.99 at PetSmart, petsmart.ca.

PICTURE PERFECT: A makeyour-own pet

calendar is a wonderful and thoughtful gift for any animal lover. A3 or A4 Wall Calendars feature 13 photos each. \$22 at Photobox.ca.

> CHEW ON THIS: Plush dog chew toy, \$5.99 at Winners, winners.ca.

> > HOLIDAY HELP: Wrap

up a CanadaHelps Charity Gift Card — and invite the recipient to choose the charity from hundreds dedicated to the welfare of animals.

Available in any denomination starting at \$5 at Canada-Helps.org.

STINKY POOCH? The Rainburst Simple Shower uses a hydration reservoir or a 2L bottle of water to hose down your pet, and

that will be a welcome gift for anyone who hikes or camps with their foraging fourlegged friend (you never

know what they're going to discover in the bushes!) \$10.75 at Mountain Equipment Co-op, mec.ca.

FEATHERED
FRIENDS: Perky Pet
Mason Jar Wild Bird
Seed Feeder looks like
a vintage blue glass
canning jar used in the
1800s, and will add a rustic
appeal to any yard or balcony.

The feeder has eight feeding ports and holds about one pound of seeds. \$26.99 at Canvasback Pet

Supplies, canvasbackpets.com.

HOME FOR THE HOLIDAYS: Cats travel in comfort and style in a Sherpa Original Deluxe Carrier. Available in small, medium and large sizes, it comes with a seat belt and luggage strap. \$69.99-\$79.99 at Canvasback Pet Supplies, canvasbackpets.com.

#### PAW PROTECTION: Wel-

lies dog boots protect paws from snow, salt, rain and mud. Extra-wide opening and Velcro closure make them easy to put on and take off. In black or red, durable yet soft silicone rubber. Different sizes start at \$20.99. Canada Pooch Stores, canadapooch.com.

FOR BIRD BRAINS: Spirale cotton rope bird toy by Zoo-Max has pony beads and a small bell for fun play. Non-toxic. Assembles with a small wire. \$10.99 at Pet Valu, petvalu.com.

**SPECIAL OCCASION:** You can dress them up and pretty well take them anywhere in a Pet

Rainbow Tutu. Small, medium and large sizes, \$7.99 at Pet Valu, petvalu.com.

**SOLE SAVING:** For dogs that have trouble walking on hard-

wood, Muttsoks paw protection socks have non-skid soles for indoor traction. Six sizes, \$11 (set of 4) at muttluks.com.

Pet Rainbow Tutu, \$7.99 at Pet Valu, petvalu.com.

2 Petsafe Bolt Interactive Laser

Toy, \$21.99 at Amazon.ca.
3 Perky Pet Mason Jar Wild Bird Seed Feeder, \$26.99 at Canvasback Pet Supplies,

canvasbackpets.com.

Designer dog bed by

Jo Alcorn, \$99 at Shop.ca.

Sherpa Original Deluxe
Carrier, \$69.99-\$79.99 at
Canvasback Pet Supplies,
canvasbackpets.com.

**6** Rainburst Simple Shower, \$10.75 at Mountain Equipment Co-op, mec.ca.

Pet Life Pour-Protection Umbrella, \$34 at Amazon.ca.

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# MELISPORTS

Jurgen Klopp's Liverpool topped their Europa League group after a 0-0 draw with FC Sion while Spurs also topped their group by beating Monaco 4-1

# The wait is over ... Aldo and McGregor ready for battle

UFC

### No love lost as cocky Irishman insists he'll beat proven champ

Jose Aldo is the only featherweight champion in UFC history. The brilliant Brazilian star is widely considered the pound-for-pound best mixed martial artist in the world. He hasn't lost a fight in 10 years.

And yet in the casinos of Las Vegas, Aldo is a betting underdog in the main event of UFC 194 on Saturday night.

Behold the power of Conor McGregor, the loquacious Irish challenger who has persuaded the world he can end 2015 by dethroning a king.

"He is already beaten," McGregor said. "I look in his eyes, and I see someone who knows his era is over. It's a new era. It's my era. I almost want to comfort him. I want to say, 'Don't worry. It will all be over soon."

A year of promotional hype and fan anticipation culminates at the MGM Grand Garden Arena in the main event of the biggest show on a huge threeday weekend of UFC fights.

Aldo (25-1) and McGregor (18-2) have traded innumerable insults and menacing glares during the buildup to this injury-delayed showdown. It's finally time to find out whether



UFC featherweight champion Jose Aldo faces off with interim UFC featherweight champion Conor McGregor, right, during the final pre-fight news conference for UFC 194 at the MGM Grand Garden Arena in Las Vegas on Wednesday. LAS VEGAS SUN VIA THE ASSOCIATED PRESS

McGregor can back up some of the most delicious bravado in recent sports history.

"I get in there, and I put on a show," McGregor said. "I come to fight, and this fight will be a performance. I'm not just going to beat Jose. I'm going to embarrass Jose in there. I don't need to gather any more intel, any more research. It's done. He has already lost."

3

He is already beaten. I look in his eyes, and I see someone who knows his era is over. It's a new era. It's my era.

Ireland's Conor McGregor on champ Jose Aldo

While McGregor's personality is both magnetic and divisive, Aldo is no wallflower himself, as evidenced by his testy relations with the UFC for the past few years. He has reacted with amusement and anger to McGregor's provocations while adding his own jabs, albeit without the inimitable showmanship of McGregor's rants

"I'm going to hit him, and he's going to sleep," Aldo said through a translator. "I don't really care how I win. I care about winning. Really the only difference is I always beat Americans, and this time I'm going to beat an Irishman."

Aldo could say little when he was injured in training shortly before he was originally scheduled to meet McGregor in July, scrapping an elaborate promotional campaign and providing more fodder for his challenger. McGregor took on the highly regarded Chad Mendes instead, scoring a second-round stoppage and earning an interim belt.

That honour didn't satisfy McGregor, whose plans for world domination aren't confined to one weight class or even one endeavour ("Hollywood is screaming for me," he said).

McGregor has attracted global attention to the grateful UFC, which has heavily showcased his magnetism and verbosity. He has become a fan favourite — particularly among his countrymen, who filled Vegas' casinos with songs and revelry before and after his victory over Mendes.

"I think it's going to be an electric atmosphere." Mc-Gregor said. "I feel the Brazilians will come out to support. They're going to be swallowed by the Irish, though. It's going to be a green Christmas in Las Vegas, that's for sure." THE ASSOCIATED PRESS

#### GOLF

## Brooke's goals for 2016

Golfer Brooke Henderson had two dreams come true this year: she became a member of the LPGA Tour and won her first tournament at that level.

She's setting her sights even higher in 2016. Henderson hopes to continue her ascent on the top women's professional golf circuit and also lead Canada to the podium when the sport makes its return to the Olympic program next summer in Rio.

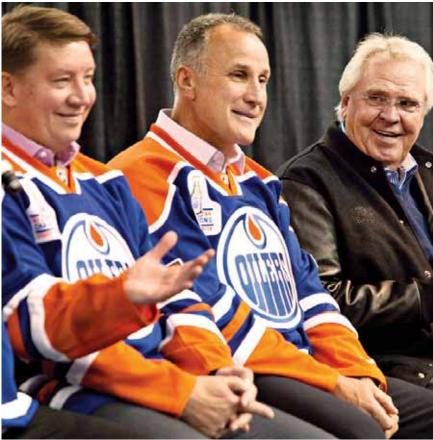
"It's an amazing opportunity that I have just to play in the Olympics and to play on the LPGA Tour. They're both dreams that I've had since I was young."

Henderson, a former topranked amateur, showed this past season that she was the real deal. Her statement performance came in August at the Cambia Portland Classic, when she blew away the field with a whopping eight-stroke victory. Henderson was about three weeks shy of her 18th birthday at the time. She was granted immediate LPGA Tour membership by commissioner Mike Whan after the win. THE CANADIAN PRESS



**Brooke Henderson** GETTY IMAGES





Jari Kurri, left, Paul Coffey and Glen Sather listen to teammates tells stories during last year's 1984 Stanley Cup reunion. JASON FRANSON/THE CANADIAN PRESS

# Slats gets his due on banner night

### Sather to be honoured for many years of Oilers success

Glen Sather wore the Oilers' sweater in the WHA, coached the NHL's greatest dynasty and managed in Edmonton for two decades. Now he'll finally have a banner to commemorate his hockey legacy in Alberta's capital.

Fifteen years after Sather left the organization, the Oilers will raise his banner to the rafters at Rexall Place on Friday night, alongside the numbers of Wayne Gretzky, Mark Messier, Jari Kurri, Paul Coffey, Glenn Anderson, Grant Fuhr, Al Hamilton and those celebrating five Stanley Cups and many more division and conference titles.

"I think the best thing I could say is if you asked those greats, those players, about

Glen having his banner raised, they'll say that he warrants that as much as they do," former Oilers defenceman and current team president Kevin Lowe said last month in Toronto. "You can't say anything better than that."

Sather coached the Oilers during their transition from the WHA to the NHL and led them to the Cup final five times, winning it in 1984, 1985, 1987 and 1988. He ceded the bench to John Muckler after the 1988-89 season but still has as president and general manager for the Oilers' 1990 title.

Slats was the straw that stirred the drink that got us all together and on the same path, and that's what's so spe-cial about him," Anderson said on a conference call. "Glen Sather was kind of the staple that put us all together and did everything that we needed to do to be successful."

During his coaching tenure, Sather coached immense talent better than almost any-

### Slats was the straw that stirred the drink.

Glenn Anderson

one in the history of the sport. Throw Toe Blake, Al Arbour, Scotty Bowman and perhaps now even Joel Quenneville into that discussion.

Acquiring the likes of Gretzky and Messier was only half the battle. The 1997 Hockey Hall of Fame inductee had to manage egos and make such a talented group worth together.

"He was great at allowing Wayne to have three-minute shifts so he could score 200-hundred-how-ever-many-points he did," Lowe said. "And he allowed Mess to develop into what he was and Coff and Fuhrsie and all those great players. He had the vision of the style of play and that's all well-documented. THE CANADIAN PRESS

### Platini soon learns if suspension lifted

Michel Platini will find out Friday morning if his 90-day FIFA ban will be temporarily lifted by the Court of Arbitration for Sport.

CAS said Thursday it will publish its ruling at 10 a.m. Swiss time.

Platini asked a CAS panel at a preliminary hearing on Tuesday to be allowed to work. The UEFA president is currently banned and his FIFA presidential candidacy is on hold.

In Paris, the UEFA executive committee will meet on Friday morning and the 2016 European Championship draw is set for Saturday evening.

The CAS panel could lift the ban without taking a position on Platini's guilt or innocence. Interim bans can be overturned because the judges feel it is unfair and out of proportion.
Platini and FIFA President

Sepp Blatter face life bans at FIFA ethics committee hearings in Zurich next week.

The case centres on Blatter's approval of \$2 million of FIFA money that Platini got in 2011

as backdated salary. Platini was a presidential adviser to Blatter



**Michel Platini** SHAUN BOTTERILL/GETTY IMAGES

1998 to 2002.

Both deny wrongdoing, but acknowledge there was only a verbal agreement which they sav is valid under Swiss law. Still, FIFA was not required to pay Platini when more than five years elapsed since the work was completed.

The timing of the payment, which was not disclosed to the FIFA and UEFA executive committees, also raised suspicion. Platini was paid in February 2011, three months before a FIFA presidential election which Blatter won.

Both men face sanctions for a range of potential FIFA Code of Ethics violations, including bribery, conflicts of interest

and false accounting.

Blatter's hearing is next Thursday with FIFA ethics judge Joachim Eckert and Platini follows at FIFA headquarters the next day. THE ASSOCIATED PRESS

### Vigneault set to coach Game 1,000

Alain Vigneault paused when asked what advice he would give a younger version of himself.

"You sacrifice a lot things on a personal level," he said. "The balance people have in life between their family lives and their work is really tested."

Vigneault will coach his 1,000th NHL game on Friday when his New York Rangers visit the Edmonton Oilers.

The Quebec City native was in his late 30s and leading the Montreal Canadiens in the 2000-01 season when he was blindsided by an abrupt firing just over three years in.

He signed on with the QMJHL's

PEI Rocket before the Vancouver Canucks hired him to coach their AHL affiliate. And when



Alain Vigneault

then-Canucks general manager Dave Nonis fired Marc Crawford in 2006, Vigneault was hired as coach.

Vancou-THE CANADIAN PRESS VET made the playoffs and Vi-

gneault won coach of the year in his first campaign. Two Presidents' trophies followed, but Vancouver bowed out in the first round of the playoffs in 2012 and 2013, leading to his dismissal but he was later hired by the Ran-

gers. "This is a tough business to get into," he said. "In my case, it's tough business to get back into."

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### **RECIPE Mini Turkey Meatloaves**



### Ceri Marsh & Laura Keogh For Metro Canada

These meatloaves are great to make ahead and freeze — then you can pull out as many (or as few) as you need on any given night.

#### Ready in Prep time: 60 minutes Serves 4

#### Ingredients

- 1 Tbsp olive oil
- 1/3 cup onion, diced fine • 1/3 cup celery, diced fine
- 1/3 cup carrot, diced fine
- •1 tsp fennel seeds
- 1/2 cup of rolled oats • 11/2 lb of ground turkey
- 1/4 cup ketchup
- ·1egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- •1 tsp Worcestershire sauce

### **Directions**

- 1. Preheat the oven to 375 F. 2. Warm up olive oil in a pan over medium heat. Add your vegetables and the fennel seeds and allow them to soften, about 3 to 5 minutes. Remove from the heat and allow to cool a bit.
- 3. In a large mixing bowl, place meat, oats, ketchup, sauteed vegetables, cheese and a whisked egg. Mix it all together thoroughly - you want each bite to have a mix of all the elements.
- 4. Using a 1/3 cup measure, scoon mixture and place each scoop into a cup of a muffin tin. In a small bowl, mix together 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear this glaze over the top of your mini meatloaves.
- 5. Bake for 40 minutes. The internal temperature for meatloaf should be 160 to 165 F.

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### CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

### ACROSS

1. "Sleep that knits up the ravell'd \_ of care..." - Macbeth, Act II, Scene 2 7. Joan of 10. Cried \_\_ pants \_ polloi 16. Some: 2 wds. 17. Mosaic components 18. Ms. DeGeneres, to pals 19. Single-named rock bassist 20. Bahamas capital 21. Prized-players 23. Alum 25. 'Class' or 'Luck' suffix 26. Javas 30. Ms. Field of movies, to pals 31. Financial deg 34. Precise 35. Pedestal 37. Western prov. 38, 1970s music 39 Klutz 40. Feigned cry of enthusiasm: 2 wds. 42. Want \_ (Newspaper section) 43. Ms. Shriver 45. Some space objects 46. Ms. McEntire, briefly 47. Hill-building insect 48. Archived docu-50. Better Than \_ (Rock band)

52. Alberta vil-

lage southeast

of Calgary

17 18 20 21 32 35 38 39 40 45 42 46 48 49 50 51 55 61 62 63 64 65 66 68 69

53. In a sincere manner 56. "That's groovy with me.": 2 wds. 61. Certain coniunctions 62. Not 'neath 63. Ms. Dion of 64. Leave in, in

proofreading 65. Ms. Lambert of country, to pals 66. Some wading birds (Out of action) 68. Impatient

67. \_ de combat

69. Computer clickety-

click-clickers

### DOWN 1. Rotate 2. Moon goddess

3. Building additions 4. Woeful word 5. From Earth, one

would take approxi-

6. Make certain/ check 7. Up in front 8. Breadbasket bun 9. Irish actor Mr. Murphy of new whale adventure "In the Heart of the Sea" (2015)

mately six to eight

months: 3 wds

10. Drifts through the air 11. "Op.23, No.6, Prelude in \_-\_ \_" by Russian composer/pianist Rachmaninoff 12. Equal 13. Christmas poem opener... 22. Newfoundland: Locale on Fogo Island for those who rarely-stop-over? 24. Classify 26. Aromatic tree 27. Zinc (Skin irritation cream) 28. Michael who plays the Scottish lead in "Macbeth" (2015) 29. US broadcast ing regulator 30. Journey amongst the lions 32. 1990: Madonna's \_ Ambition World Tour 33. Chasm 36. \_ Chi (Martial Art) 41. Owl's utterance 44. "\_\_ of a Mur-der" (1959) starring James Stewart 49. Draw out a response 51. Piquancies 52. Christmastime resin 53. Mixture 54. Not duped: 2 wds.

55. "Star Wars"

57. Bit from a movie

58. Van Gogh's Bank

of the at Auvers

59. Humdinger

60. Fewer

(1977) role

### \* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Everything should be going well for you now and today's new moon in your fellow Fire sign of Sagittarius will make life even more enjoyable.

Taurus April 21 - May 21 Today's new moon puts emphasis on finances, especially investments and property issues and anything of a monetary nature that involves other people. Lady Luck is smiling on you, so make some profitable moves.

Gemini May 22 - June 21 If you have fallen out with a part-ner, loved one or friend, or even a work colleague, this is the perfect day to get back on good terms with them. You may have to admit you were wrong but it will be worth it.

Cancer June 22 - July 23 It's unlikely you will be impressed by someone's aggressive attitude. Do not, however, try to confront them. They just got out of the wrong side of bed this morning.

**Leo** July 24 - Aug. 23 Today's new moon urges you not to limit yourself in any way, shape or form. Creatively and professionally you are at the top of your game, so be active, be ambitious and above all be assertive

Virgo Aug. 24 - Sept. 23 Get tough with someone. If you don't do it now it will mean an even bigger showdown later on, so let them know where they are going wrong and what they can do to make it right.

Libra Sept. 24 - Oct. 23. Cosmic activity in the area of your chart that governs your ability to communicate makes it easy for you to win people over. Use that ability to get others to do the small stuff while you focus on the big picture.

Scorpio Oct. 24 - Nov. 22 If you get an offer that could bring you money you should take it. It will mean more work and you will have to sacrifice other things but if you turn it down you will kick yourself later.

**Sagittarius** Nov. 23 - Dec. 21 Look out for your own interests and do something for yourself for a change. Today's new moon in your sign promises great things will happen. You deserve your success.

Capricorn Dec. 22 - Jan. 20 You may be tempted to give up on something today but the planets warn if you stop now you will regret it later in the month. Keep going. You are on the brink of a breakthrough.

Aquarius Jan. 21 - Feb. 19 This is a good time for friendships and group activities but don't spread yourself thin. Where your work and creative activities are concerned don't start anything new because what happens tomorrow will require all your attention and energy

Pisces Feb. 20 - March 20 You may be ambitious but the planets warn you won't be able to reach your goals alone. Look for people who can assist you and ask for help.

### **CONCEPTIS SUDOKU by Dave Green**

Every row column and box contains 1-9

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### **YESTERDAY'S ANSWERS**

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